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THE

MEDICAL COMPANION:

TREATING,

According to the most successful practice,

I. THE DISEASES COMMON TO WARM CLIMATES AND ON SHIP BOARD.

II. COMMON CASES IN SURGERY, AS FRACTURES, DISLOCATIONS, &c.

III. THE COMPLAINTS PECULIAR TO WOMEN AND CHILDREN.

WITH

A DISPENSATORY AND GLOSSARY.

TO WHICH ARE ADDED,

A BRIEF ANATOMY OF THE HUMAN BODY;

AN ESSAY ON HYGIEINE,

OR THE ART OF PRESERVING HEALTH AND PROLONGING LIFE;

AN AMERICAN MATERIA MEDICA,

INSTRUCTING COUNTRY GENTLEMEN IN THE VERY IMPORTANT KNOWLEDGE OF THE VIRTUES AND DOSES OF OUR MEDICINAL PLANTS;

ALSO,

A CONCISE AND IMPARTIAL HISTORY

OF THE

CAPTURE OF WASHINGTON,

AND THE DISEASES WHICH SPRUNG FROM THAT MOST DEPLORABLE DISASTER.

THE THIRD EDITION—GREATLY IMPROVED.

BY JAMES EWELL,

PHYSICIAN IN WASHINGTON,

FORMERLY

OF SAVANNAH.

"I have always thought it a greater happiness to discover a certain method of curing, even the slightest disease, than to accumulate the largest fortune; and whoever compasses the former, I esteem not only happier, but wiser and better too." SYDENHAM.

PHILADELPHIA:

PRINTED FOR THE AUTHOR.

1817.

Ewell

District of Pennsylvania, to wit:

SEAL. BE IT REMEMBERED, that on the seventh day of May, in the fortieth year of the independence of the United States of America, A. D. 1816, James Ewell, M. D. of the said district, hath deposited in this office the title of a book, the right whereof he claims as author, in the words following, to wit:

"The Medical Companion: treating, according to the most successful practice, I. The diseases common to warm climates and on ship board: II. Common cases in surgery, as fractures, dislocations, &c. III. The complaints peculiar to women and children. With a Dispensatory and Glossary. To which are added, a brief anatomy of the human body; an essay on Hygieine, or the art of preserving health and prolonging life; an American Materia Medica, instructing country gentlemen in the very important knowledge of the virtues and doses of our medicinal plants; also, a concise and impartial history of the capture of Washington, and the diseases which sprung from that most deplorable disaster. The third edition —greatly improved. By James Ewell, physician in Washington, formerly of Savannah. "I have always thought it a greater happiness to discover a certain method of curing, even the slightest disease, than to accumulate the largest fortune; and whoever compasses the former, I esteem not only happier, but wiser and better too. Sydenham."

In conformity to the act of the Congress of the United States, entituled, "An act for the encouragement of learning, by securing the copies of maps, charts, and books, to the authors and proprietors of such copies, during the times therein mentioned," and also to the act, entitled, "An act for the encouragement of learning, by securing the copies of maps, charts, and books, to the authors and proprietors of such copies during the times therein mentioned," and extended the benefits thereof to the arts of designing, engraving, and etching historical and other prints."

D. CALDWELL, *Clerk of the District of Pennsylvania.*

RECOMMENDATIONS.

IN testimony of the merits of this work, the following commendations, by some of the most distinguished medical characters, of the United States, are inserted.

Philadelphia, December 31, 1807.

DEAR SIR,

I have read your book entitled "*The Medical Companion,*" with pleasure, and think it worthy the attention of the citizens of the United States.

W. SHIPPEN, M. D.
Professor of Anatomy.

Dr. James Ewell.

Philadelphia, December 31, 1807.

DEAR SIR,

I have carefully perused your work, "*The Medical Companion,*" and take much pleasure in expressing my entire approbation of the plan, and of the utility with which you have conducted your inquiries. Your book cannot fail to be a very acceptable present to the public in general, and especially to our own countrymen. I really am of opinion, that you are entitled to much praise for the pains which you have taken in furnishing us with a work, the want of which has long been experienced among us.

Your friend, &c.

B. S. BARTON, M. D.
Professor of Materia Medica, Natural History and Botany.

Dr. James Ewell.

December 28, 1807.

I have read "*The Medical Companion,*" by Dr. James Ewell, with satisfaction. It is a book containing a variety of matter in a small compass. The practice which he recommends in diseases,

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is modern and judicious, and the work cannot fail of being useful in all families in the United States.

JAMES WOODHOUSE, M. D.
Professor of Chemistry in the University of Pennsylvania.

Dr. James Ewell.

DEAR SIR,

I have looked over your "*Medical Companion*" with pleasure. The arrangement of the various parts is judicious, the language plain and perspicuous, and the sentiments happily condensed; the modes of treatment grow out of the most improved state of our science, and may serve as a safe and useful guide to every family, cut off from the services of able physicians.

Accept the homage of my regard.

JOHN B. DAVIDGE, M. D.
Professor of Anatomy, Surgery, &c. in the College of Medicine of Maryland.

Baltimore, Feb. 19, 1808.
Dr. James Ewell.

DEAR SIR,

We have perused your "*Medical Companion*" with much satisfaction, and strongly recommend it to the attention of those families who cannot with convenience procure medical aid. We think it the best publication we have ever read on the domestic treatment of diseases, more especially as it regards those of our climate.

We are very respectfully, sir, your most obedient servants,

BROWN & MACKENZIE.

Baltimore, March 4, 1808.
Dr. James Ewell.

SIR,

I have read your book on Domestic Medicine with pleasure. The practice recommended in it is judicious, and being from the pen of a native physician, has great advantage over the publications of Buchan and Tissot.

JOHN SHAW, M. D.
Professor of Chemistry in the College of Medicine of Maryland.

Dr. James Ewell.

DEAR SIR, *Charleston, May 7, 1808.*

Your "*Medical Companion*" contains much useful knowledge in a small compass, and is particularly adapted to these states. Families remote from medical aid, will find their account in pos-

sessing a book which describes diseases so plainly, and prescribes for them so judiciously, as bid fair to save valuable lives, which otherwise might be lost.

Your most obedient servant,

DAVID RAMSAY, M. D.

Dr. James Ewell.

Charleston, S. C. May 12, 1808.

Dear Sir,

The perusal of your "*Medical Companion*" has given me the greatest satisfaction. Such a publication has been much wanted, and I think the plan and execution of your work must answer the most valuable purposes.

Yours very truly,

ALEX. BARRON, M. D.

Dr. James Ewell.

Charleston, May 14, 1808.

Dear Sir,

I have with great pleasure perused your "*Family Physician.*" I find it to be a well digested compend of the most modern and approved modes of treating diseases, especially those to which our country is most exposed. You have subjoined a dispensatory, judiciously calculated to obviate those errors which too frequently ensue from the exhibition of medicine, where the aid of the practitioner cannot be obtained. Yours, &c.

PHILIP G. PRIOLEAU.

Dr. James Ewell.

Washington, March 1, 1808.

Sir,

I return you my thanks for the copy of "The Medical Companion" you have been so kind as to send me, and must particularly express my sense of the favourable sentiments expressed towards me in the beginning of the work; especially too, where it recals to my recollection the memory of your respectable father, who was the friend and companion of my youth, and for whom I retained through life an affectionate attachment. The plan of your work is certainly excellent, and its execution, as far as am a judge, worthy of the plan. It brings within a moderate compass whatever is useful, levels it to ordinary comprehension, and as a manual, will be a valuable possession to every family.

I pray you accept my saluations and assurances of esteem and respect.

TH: JEFFERSON.

Dr. Ewell.

Philadelphia, Aug. 13th, 1816.

DEAR SIR,

I have looked over with some care, the copy of the *Third Edition* of the "Medical Companion" which you did me the favour to present to me.

By the additions and revisions given to this new impression of the work, it is not only enlarged, but exceedingly improved.

After stating so much, I need hardly repeat an opinion, which I publicly expressed on a former occasion, that I consider it, as indisputably, the most useful popular treatise on medicine with which I am acquainted.

Compared with the European Books of the same nature, it has, especially in relation to the treatment of the diseases of our own country, a very decided superiority.

I trust that the success of this literary enterprize may be equal to your very generous and benevolent disposition.

With great respect, I am dear sir, yours, &c.

N. CHAPMAN, M. D.

Professor of the Institutes and Practice of Medicine and Clinical Practice, in the University of Pennsylvania.

Philadelphia, Aug. 13th, 1816.

DEAR SIR,

I have derived much satisfaction from a perusal of the third Edition of your "Medical Companion."

The additions and improvements which it contains, as compared with the two first editions of the work, are extensive and important.

To families in the country, remote, not only from medical aid, but from places where common medicinal articles are to be procured, your Materia Medica alone, disclosing to them the healing resources of their own farms and forests, will be of high value. Nor, provided they be true to their best interests, and avail themselves of the advantages placed at their disposal, will your rules and directions for the preservation of health, be less useful to them.

In addition to these two important branches, now introduced into the Medical Companion for the first time, it contains a large amount of new miscellaneous matter, which cannot fail to be interesting to the reader.

On the whole, if I be not greatly mistaken in my estimation of the character of your work, it is well calculated to prove extensively useful, and to place you in the midst of the permanent benefactors of your country.

That you may receive, in reputation and wealth, your full reward, is the sincere wish of

Dear sir, your very humble
And obedient servant,

CH. CALDWELL, M. D.

Dr. James Ewell.

The following Review is from that celebrated work the New York Medical Repository.

Manuals of health, or popular publications on medicine, have become so frequent as to have excited the censure of some grave and oracular members of the profession. They consider their publishing brethren as unnecessarily divulging the arcana of the art, as depreciating its credit and estimation, and as teaching the common mass of readers to know as much as themselves. This communicative disposition they conceive to be carried to a very faulty extreme. For when the secrets of the healing faculty are promulgated by its members, with such consummate knowledge and success, what is left for distinguishing the regularly initiated from those who are without the pale? The propagation of the Esculapian mysteries is viewed to be faulty on another account; inasmuch as in diminishing the importance, it lessens the profits of the practisers, and thus, for the gratification and emolument of one tell-tale author, the whole fraternity is disparaged.

Let us, however, do justice to those sons of physic who are thus accused of faithlessness, in uttering abroad those matters which ought to be viewed as under the restriction of closed doors. Contrast their conduct with that of another class of medical personages, who for ever deal in nostrums, and are incessantly boasting of their wonder-working powers; who assure the credulous world they can cure every possible disease of mind and body; but with a cunning equal to their effrontery, permit no mortal to become acquainted with their remedies. Compare the conduct of him who withholds nothing from his fellow citizens, with that of him who keeps every thing to himself. There can scarcely be a stronger exhibition of generous communication on the one part, and of selfish concealment on the other. Whatever may be pleaded in behalf of the persons who refuse to make a magnanimous publication for the good of mankind, of such valuable means of cure as they may possess, or who secure the profits of them under the statute of patents, there certainly is a character of greater disinterestedness and philanthropy, and a temper of a brighter mould and finish in him, who, without fee or price, offers to his fellow creatures all he knows that will be beneficial to them.

We know it has been said, that a smattering in the knowledge of the animal economy, and of diseases, multiplies the number of patients, and encourages the practice of physic. Books on such subjects, addressed to the people at large, are peculiarly calculated to alarm their fears whenever they are unwell, and, therefore, impel them to seek assistance from those on whose skill they rely. It has been surmised too, that the disciples of Buchan, Willich, and their coadjutors, have often been led, from superficial and conceited knowledge, to become prescribers to others, and have, by their blunders, rendered the attendance of the regular physician more needful than ever. Hence it has been argued, that publications of this kind fail to promote the plausible object of their composition, and in reality, produce a mischievous, and not a bene-

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ficial effect. It has even been urged against them, that they are of no service to any person but the writer, who may diffuse his fame and increase his wealth in proportion to the circulation of his book, and the consequent disturbance it works in society.

Whatever may be the merits of this controversy among those who are toiling night and day in the service of the infirm and disabled, or in the compilation of volumes, for our own parts, as reviewers, we feel favourable to the general distribution of knowledge. We are not attached to monopolies of any kind, and less than any, to that which confines to a particular order, the information which will teach man how to prevent sickness and pain, and to remove these ills when they invade. He who publishes wholesome precepts and directions, cannot be denied the merit of good intention; and it would be hard to refuse him the additional credit of having done substantial good to those who have followed his advice. Having indulged these prefatory reflections, we advance to the consideration of the work before us.

The author has prefixed to it a dedication to the President of the United States, a preface explanatory of his design, and a number of recommendatory epistles from his friends. Then follows a chapter of preliminary observations, of which we were inclined to offer an extract, for the gratification of our readers; but our limits forbade.

The body of the work is devoted to the consideration of the principal diseases which assail the human frame at different times of life. They begin with fevers, and end with rickets; without, however, observing any strict method or nosological arrangement. Each section stands by itself, and has little or no connexion with the preceeding or subsequent matter. But a table of contents and index are two good keys to the subjects discussed.

The diseases are severally considered in short and generally appropriate terms. After a definition, the observations are mostly comprised under the head of *symptoms*, *causes*, *treatment*, and *regimen;* to which, in some instances, are added paragraphs on *prevention*. And it is but justice to observe, that the author has manifested a careful and discriminating mind in condensing so much valuable instruction into such a moderate compass. The sententious, and, at the same time, intelligible manner of conveying his directions, is at once calculated to give the reader a clear idea of his meaning, and favourable opinion of his understanding.

Besides the observations that are strictly medical, the work contains a variety of directions upon surgical subjects.

To render his compilation more generally useful and acceptable, the author has annexed to it a Dispensatory. This consists of two parts: the first comprehends a table of medicines for family use, with their doses and qualities annexed; and the second contains a collection of receipts for the principal part of the compound medicines recommended in the course of the work. And this part of the publication is executed in a manner that justifies the opinion we hinted before, of Dr. Ewell's sagacity and skill.

TO

HIS EXCELLENCY

THOMAS JEFFERSON,

PRESIDENT

OF THE

UNITED STATES.

I BEG leave to present this book to Mr. *Jefferson*, not because he is President of 1807, but because he was the patriot of 1776; and still more, because, through the whole of a long and glorious life, he has been the philosopher and friend of his country: with all the ingenuity of the former, exposing the misrepresentations of illiberal foreigners; and with all the ardour of the latter, fanning the fire of American science, and watering the roots of that sacred olive which sheds her peaceful blessings over our land.

To whom then, with equal propriety, could I dedicate a book, designed at least to promote health and longevity? And to whom am I so

bound by the tenderest ties of affection and gratitude, as to Mr. *Jefferson?* The early classmate and constant friend of my deceased father, and instrumentally the author of my acquaintance with the first characters in the state of Georgia; among whom, with peculiar pleasure, I would mention the honourable names of Milledge, Troup, Bullock, and Flournoy.

That you may long direct the councils of a united and wise people, steadily pursuing health, peace and competence, the main pillars of individual and national happiness, is the fervent prayer, of your Excellency's

Much obliged, and
Very grateful servant,
JAMES EWELL.

PREFACE.

ON the important subject of domestic medicine, many books have been written, which, though excellent in other respects, have greatly failed of usefulness to AMERICANS; because they treat of diseases which, existing in very *foreign climates and constitutions*, must widely differ from ours. The book now offered to the public has, therefore, the great advantage of having been written by a native American, of long and successful practice in these southern states, and who, for years past, has turned much of his attention to the composition of it.

The professed object of his book is to treat in the most clear and concise manner, almost every disease to which the human body is subject—to give their common names and surest symptoms—to point out the causes whence they originate, and the most approved method of treatment—and, lastly, to prescribe the suitable regimen and means of prevention.

A publication like this, cannot but be exceedingly useful to all, and especially to those who live in the country, or who go to sea, where regular and timely assistance cannot always be obtained.

Among the many and great services, which may be rendered by such a book, we may fairly state its tendency to prevent that dangerous officiousness of igno-

rant persons, as also, that equally pernicious neglect of the patient, at the onset of the disease, whereby so many lives are lost. These, with many other evils resulting from the want of such a work, constituted the motives which first led the author to offer this publication to his countrymen. It is not for him to determine, whether it be happily executed or not; but whatever may be the general opinion as to its merit, he has the high satisfaction to know, that it not only flows from the purest motives, but also contains a faithful relation of facts, founded principally on his own experience; and what is not his own, has been selected from authors of the greatest celebrity.

As to language, he has not, he confesses, been overstudious of ornament. Having made it his prime object to convey instruction, he has employed the style which to him appeared the most familiar and intelligible; so that in all cases of disease, the patient might be directed in the plainest manner possible to the appropriate remedies.

The reader will find in the latter part of the work, a table of such medicines as are almost constantly called for in families, with an adaption of the doses, according to the age of the patient, together with directions how to prepare and administer them.

To have those articles always in readiness, would not only save a great deal of time and expense of sending on every trivial occasion to a distant physician, but must also afford to a tender parent or master, an infinite satisfaction, because of the very great advantage it gives him over a disease which he can meet with a suitable remedy at the first moment of its attack. For there can be no doubt, that thousands have perished, not because there were no remedies, but because these reme-

dies were at such a distance, that the patient was lost, before they could be brought to him.

It is a well known fact, that the hero of Stony Point, the brave general Wayne, after his defeat of the Indians on the Miami, was suddenly taken off by a gouty spasm in the stomach, which might easily have been cured, could a single pint of French brandy have been procured. What numbers have died miserably of lock-jaw, and cholera morbus, for lack of a vial of laudanum, with proper directions to use it? How many fond mothers have hung distracted over their children, strangling under the *croup*, or swollen with the poison of *serpents*, when the former might so easily have been cured by an emetic, and the latter by caustic volatile alkali. But it were an endless task to enumerate all the heart-breaking tragedies that have taken place in families, merely for the want of the appropriate remedies, of sudden and alarming diseases. It were therefore a godlike act in all persons, in tolerable circumstances, to keep a medicine chest, not only for the benefit of their own families, but also of their sick and indigent neighbours, who often suffer, and sometimes perish, for want of proper medicines seasonably administered.

As it is impossible entirely to banish technical phrases when writing on medicine, the reader is presented with a *Glossary*, explaining the medical and scientific terms which have unavoidably been employed in this work.

To conclude; the author, animated by the extraordinary success of the "*Medical Companion*," has greatly improved and enlarged this THIRD edition, by adding a synopsis of the anatomy and physiology of the human body; essays on air, food, exercise, sleep, evacuations, and passions; and a Materia Medica of the United States.—Also, having been himself a melancholy spec-

tator of the CAPTURE OF WASHINGTON by the British, he has annexed a concise and impartial history of that awful tragedy, with sundry important hints relative to those bilious and camp fevers, and dysenteries, which followed that great national calamity.

With these improvements, he flatters himself the "Medical Companion" will not fail to be far more acceptable to his fellow-citizens; and under this pleasing impression, he submits it to their generous patronage.

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P. B. Mish.

PRELIMINARY OBSERVATIONS.

CONTEMPLATING the numberless diseases to which man is liable, and which may cause him to drag out a protracted life of distress, or suddenly to cut him off in the bloom of his existence and amidst his usefulness, we must adore that divine Excellence which has given us *in medicine* the means of counteracting those dreadful evils.

As might have been expected, the attention paid to an art, which rises in importance over all others, has ever kept pace with the general progress of intellectual improvement, and it has received the respect and encouragement of every enlightened people.

With the Greeks, especially, the wisest and most polished of all the ancient nations, medicine was held in the highest estimation. Its votaries were cherished and revered by them while living, and in some instances they carried their enthusiasm so far as to deify them after death. It is not indeed easy to conceive a more noble character, than a great and amiable practitioner of medicine, one who has expanded his mind to the utmost extent by the brilliant attainments of science, and mellowed the dispositions of his heart by the habitual exercise of benevolence towards the afflicted objects of his care. How exemplary are Physicians of this description? Such was Hippocrates, the father of medicine. Such was the pious, the enlightened Sydenham. Such was the benevolent Jones of Savannah. Such is that "brilliant star," the en-

lightened Rush; and such are many others who have emulated their virtues and rivalled their fame; among whom, I have the high satisfaction to enumerate of my particular friends, Craik of Alexandria, Weems of Georgetown, Stevenson of Baltimore, and Chapman of Philadelphia.

But unhappily, all those who profess our art do not resemble those bright examples. Medicine more than any other good thing, is subject to abuse and debasement, by the sordid and mischievous "tricks and devices" of empiricism. Like noxious weeds *these impostors* rise up at first, from the rank soil of their own effrontery; but they owe much of their subsequent growth to the protection which they derive from the want of that information widely diffused, which would at once detect, and "laugh into scorn" their idle claims, and arraign to conviction their dangerous tendencies. They live but by tolerance. The slightest examination of their pretensions, would drive the herd into their holes and hiding places, and consign their *widely spread fame* to utter oblivion.

It is strange, "it is passing strange," that so little popular curiosity prevails with regard to medicine, particularly when the public mind is so actively alive to subjects certainly of less moment. Talk to the generality of mankind about *property* and you would suppose they were all *lawyers*, they reason so sensibly on the various points of *meum et tuum*. But touch them about that which is of more worth than all property, I mean health, and they are as silent as mutes. Did not experience evince the fact, we should think it impossible that in things of such high concern, men could be so preposterously deceived! so careful of the dross, and yet so negligent of the gold.

What can be more deeply interesting than the investigation of that beautiful organization which has, emphatically, been pronounced "God's master work?" What more important than acquiring the knowledge of preserving this admirable mechanism? And what more pleasant and useful than to investigate the medical plants

of our extensive country, whereby we may remedy those painful maladies which assail the human frame?

Half the attention and the time which is devoted to the minor politics arising out of our party dissentions, assisted by very little of that overboiling zeal that is given to the acquisition of property, would, if appropriated to medical studies, enable any person of tolerable capacity to practice with safety and advantage in those cases of simple disease, which are most incident to our climate, and to detemine between the "arrant Quack" and the modest, well-educated, and judicious physician.

Assuredly, some care might be profitably directed to medicine. Why will not the intelligent citizens who are scattered throughout the country, dedicate a part of their "liberal leisure" to it? Of all the sciences it is the most inviting, and that which opens the largest treasures to its cultivators. No one can lend his mind to it without receiving "usurious interest." Medicine is the digest of human knowledge. It is the great reservoir into which every stream of science pours its tribute, which in return spread its fertilizing water over every field that brings forth its "ripe and abundant harvest."

The want of a popular medical education, we have remarked, promotes the success of Empirics. To what else can the amazing increase of these creatures be ascribed. Would they dare to quit the shades of their native insignificance, if they thought they were to encounter the blaze of criticism, or to be inspected and scrutinized by the torch of truth? No: the terrors of such a process, were it practised, would exterminate the race, or leave to them only a "beggarly account of empty boxes."

We repeat that Empirics are nurtured and sustained exclusively by the prejudices of mankind in their favour, arising from their inability to judge rightly of their merits. For can it be presumed that any one, who is at all acquainted with the subject, would repose the slightest confidence in the *nostrums* of the most stupid, illiterate, dishonest, and vagrant of society, who are confessedly destitute of even the elements, the mere alphabet of medicine.

Who can believe, that these *nostrums*, as is generally asserted by their proprietors, are applicable equally to a variety of diseases, as opposite to each other as the poles, and that too, under every difference of age, constitution, temperament, habit, season, and climate?

Is it to be credited that skill can be possessed in a profession the most complex, without any preparatory devotion to it? Reason and experience combine to assert the impossibility.

The powers of eloquence or poetry, may be an inheritance; but, medicine is not intuitive. Whoever acquires it, that is, *that thorough knowledge of it*, which confers "surpassing skill," must undergo a slow, toilsome and arduous probation.

Its temple is raised on the summit of the loftiest eminence, and the path which leads to it, winds in tedious tortuosity, narrow, intricate and perplexed; but strewed, at its different stages, with flowers to tempt, and hung at its termination with fruits to reward. Few, very few, have ever reached it. The majority of those who set out on the enterprise become soon discouraged, and either linger by the way, or are lost in its mazes.

The energies of genius, assisted by unwearied diligence, can only hope to surmount the difficulties and to gain the prize.

But candour must still allow that the Empiric strengthens, in some degree, his credit with the public, by sometimes performing great and imposing cures. Such instances, however, of occasional success, bring with them no solid claims to confidence. They are indeed calculated to excite distrust when properly viewed. Their cures, which are admitted to be few, are alone registered and promulgated. Nothing is ever said of the failures or *the deaths produced.* No regular and *impartial* account is kept, nor any striking adjustment of balances. But, what must really be the fatality of a practice conducted in a way so rash and indiscriminate, without the guide of either principle or experience? The nostrums employed are uniformly composed of ingredients of the greatest activity, principally of the *mine-*

ral poisons, as arsenic, corrosive sublimate, calomel, &c. and which can never be neutral in their operations. Whenever administered they assume a side in the pending contest, and exert all their might either for the patient or the disease, till one or the other yields.

The preceding is a faithful picture of Empiricism—of its swaggering pretensions; of its danger, and its uncertainties; "a plain and unvarnished tale, in which nought is extenuated or set down in malice."

But with the too prevalent inclination for nostrums, we regret the strange aversion that exists and which proceeds from the same neglect of medicine, to some of the most efficacious remedies. *Tartar* is denounced as a certain *destroyer of the stomach; mercury*, because it *lodges in the bones; arsenic*, as rancorously poisonous, &c. &c. Thus are those powerful and salutary agents, when in the hands of a judicious Physician, stigmatized by the false views of vulgar prejudice. It has been wisely and truly declared by high authority, "that all medicines in *large doses* are *poisons*, and that *poisons* in *small doses* are the best medicines." This is no paradox. The efficacy of a remedy must be proportioned to its force, provided it be administered with discretion, and its operation properly restrained. On the contrary, the weakest medicine becomes poisonous when given in an undue quantity.

In the use of medicines we should be careful to adapt them to the nature of the disease, and the condition of the patient's system at the time. For the salutary properties of a remedy are not positive, but entirely relative to the peculiar circumstances of the case.

A remedy, therefore, may do harm, or prove beneficial, according to the degree of judgment exercised in its employment. This position might easily be illustrated and enforced by a variety of examples. We shall mention, however, only a few that are most pertinent.

What then is more sanative in its effects than the Peruvian bark in the treatment of intermittent fever or gangrene; or more deleterious if given in an excited system? Where is there a readier *cleanser* of a foul

stomach than emetics? yet, in inflammations of that organ, nothing would prove so pernicious. The same remark applies to cathartics, "nature's scavengers of a gorged alimentary canal."

With regard to the lancet: What could we do without it? How quell those dreadful insurrections of acute disease which every where ravage our country? But indispensable as it is in such cases, yet there is, perhaps, no remedy, which is more mischievous when wrongly applied.

Who has not experienced the soothing restorative operation of opium, that divine medicine, which has not with too much force been called, "magnum Dei donum," (*the great gift of God;*) and who has not known its demoniacal influence when imprudently employed?

In this way we might proceed through every class of the Materia Medica, deriving proofs to fortify our reasoning, and to warn us of the danger of abusing remedies. Enough, however, has been said: we trust the admonition will not be neglected.

To adopt and to accommodate, as we have indicated, the various medicines of which we are possessed, is the secret of successful practice, and constitutes the wide difference between the discriminating physician and empiric.

The practice of the one is governed by principles slowly and cautiously deduced from the contributions of long experience and diversified observations; and that of the other is the result of daring experiment, sanctioned only by the chances and calculations of the lottery. In the revolutions of the wheel, and amidst a thousand *blanks*, a prize will come out! Thus, an important cure by an Empiric, like an enormous prize, seizes public attention, and is sounded abroad by the "clarion of fame," while the evidence of the *murderous* practice, like the blanks of the lottery, are hushed in silence or buried in forgetfulness.

It may be proper to observe here, that in using all active medicines, we should begin with the smallest doses, increasing them gradually, until the quantity suited

to the strength of the constitution is discovered. For there are instances of constitutions on which one fourth, and even one tenth, of what would not affect others, will act powerfully.

As the system speedily accommodates itself to the action of medicines, we should never continue one medicine too long at a time. When we find it is losing its efficacy, it should be changed for some other of the same class, and after a short interval the patient may, if he choose, return to his first medicine. By thus varying the remedies, as the system becomes accustomed to their action, we shall be enabled to cure diseases which otherwise would not have yielded; as in obstinate intermittents, where I have frequently employed the bark without effect: but on changing it for either the solution of arsenic, or vitriolic pills,* a cure has generally taken place, and when it did not, by exciting a slight mercurial action in the system and immediately following it with one or the other of the above medicines, I have pretty constantly succeeded. On this account medicines should never be made too free with, as preventives of disease, unless there be evidently a morbid predisposition lurking in the system: for by thus wantonly familiarizing ourselves to medicine when there exists no necessity for it, we shall stand a very good chance to be disappointed of its proper effects, in the season of our need.

Bitters, those especially that are made with spirits, like other cordials, have no doubt their use at times, as in damp weather which hangs so heavily on the springs of life. But to use *them* or *mint slings*, or *drams*, as some do every morning, even the *brightest*, when dumb nature herself is smiling and every bird and beast is uttering its artless joy, is a species of suicide. It is a most wicked attempt to substitute artificial and false joys in place of those that are most pure and natural. But such an impious fighting against God and Nature, generally turns out as might be expected. These wretched self-destroyers seldom live out half their days. For the same

* Vid. Dispensatory.

delightful exhilaration which one *antifogmatic* produced last year, requires two this year, and in that increase, till the habit of intemperate drinking is confirmed. How melancholy it is that rational beings should act so madly, and that the all bountiful Creator cannot intrust us with his good things, without our shameful abuse of them! Thus it is, that men turn into poisons those pleasant beverages that were given for cordials to raise their depressed spirits, to invigorate their flaccid nerves, and to enable nature to repel the various attacks of a humid or infected atmosphere.

Among the many remedies of disease, there is none perhaps, that holds a higher place than the bath, in its different forms. The *cold bath*, by its sudden shock, is peculiarly fitted to invigorate the system and to re-animate its circulations and secretions. Hence its acknowledged reputation in all cases of weak and relaxed habits, particularly those of the studious and sedentary.

It ought however to be remembered, that like every other remedy, it belongs but to one set of diseases. In affections of the viscera, obstructions and inflammations, it is hurtful. If after leaving the bath, the patient do not feel a kindly glow on the surface, he has good cause to fear that the angel of health was not there before him "*to move the waters.*" On going into the plunging bath, as it is called, it were better to dash in at once head foremost. The shock in this way is more instantaneous and the distribution of the blood more salutary than when it is driven, as by wetting the feet first, from the extremities to the head. It is on this principle that the *shower bath* possesses advantages superior to the *plunging*. Immediately on coming out of the bath the body should be rubbed dry with flannel or coarse cloths, and moderate exercise taken.

Besides the advantages of general cold bathing, its partial use is no less salutary in all cases of local action. In periodical headach, and indeed in most complaints of the head, the affusion of cold water, though a simple, is a very effectual remedy.

If persons subject to the quinsey and sore throat, in-

stead of muffling their necks, would bathe them two or three times a day in cold water, they would find their account in it. When the healthy resort to the cold bath, on account of its purifying and pleasant effects, they may continue in it for some time. But to strengthen and give elasticity to the solids, every thing depends upon the sudden shock. The time of day for bathing is a matter of indifference, provided it be not immediately after a full stomach, and when the body is warm and in a state of free perspiration.

The *warm* bath, which is about the temperature of the blood, has nearly all the advantages of the cold bath, without being liable to so many objections. Some indeed tell us, that it weakens the body, but so far from doing so, it may justly be considered as one of the most powerful and universal restoratives with which we are acquainted. Instead of heating, it cools the body, diminishes the pulse, and takes off its unnatural quickness, according to the length of time the bath is continued. Hence tepid baths are of great service, when the body has been overheated, from whatever cause, whether by severe bodily or mental exercise. In all these cases, its happily composing and recuperative virtues, seem to be owing to its tendency to promote perspiration, and to relax spasm.

Warm bathing, hardly can be sufficiently commended for its sovereign effects in promoting cleanliness, and consequently for curing all diseases of obstructed perspiration from foul skin.

It is much to be lamented that so many poor children should be made the victims of their parents' laziness, and neglect of this most sweet and and healthful virtue, *cleanliness*. For would they devote a little of their mispent time and money to the more decent clothing and frequent washing of their children, there could be no doubt that those little *innocents* would enjoy ten thousand times more comfort than they can possibly expect while covered with filth, and tortured with scald-heads, blotches, itch, and vermin. In fine, having seen the fatal termination of so many diseases, in my opinion, ea-

sily curable by the bath, I cannot dismiss this important subject without earnestly recommending it to every gentleman to provide for his family the convenience of bathing, as being not only one of the greatest luxuries, but the best preservatives of health in these warm climates.

Not only is it essential to health, thus luxuriously to refresh the person by bathing and washing off the impurities of the skin, but an equal solicitude should exist to remove all filth out of the chambers of the sick, and frequently to change their linen and bed clothes, which when saturated with fœtid perspirable matter, must prove extremely unpleasant and hurtful to the patient.

And here I cannot but breath the most fervent wish that my numerous friends, the *Planters*, for whose service chiefly this book is intended, would be persuaded to insist more rigorously on cleanliness in the persons of their *slaves*. That the constitution of the African is more firm than ours, and better fitted to sustain the toils of warm climates, is very certain; but it is equally true that his daily labours, with the sudden changes of weather, often put his constitution, good as it may be, to trials, which loudly call for every aid that humanity can possibly afford him. Of these aids, next to plenty of wholesome food, cleanliness is one of the greatest. It is indeed, a medicine both of body and mind. The poorest slave, however degraded his condition may be, has still left a portion of mind, which can never be totally insensible to his outward appearance. Cover him with rags and filth, and you not only injure his body by obstructing perspiration and corrupting the fluids, but you attack him in his *mind:* knowing that he appears vile and loathsome to others, he becomes much more so to himself. This idea embitters reflection, depresses his spirits, and in conjunction with other causes, often brings on diseases which press him to an untimely grave. Whereas by ordering him frequently to bathe, and by affording him three changes of apparel, of which he could always have *one* clean, you would greatly refresh and comfort him both in mind and body. Thinking that

he makes a decent appearance in the eyes of others, he becomes well pleased with himself, and looking on his *new habit*, however *cheap* and *simple*, as an evidence of his master's affection and value for him, he feels at once the touch of an honest pride in himself, and of friendship for his master, which lightens his task and sweetens all his toils.

But, if cleanliness be of such importance to the healthful, how much more so to the sick slave. When sinking under the heat and burden of his labours, can it be good policy to suffer him to be put like a mere animal into a narrow dirty cabin; there left, with scarcely a child to hand him "*a cup of cold water*," with no food but dry bread, and breathing the fœtid atmosphere of a sultry, filthy habitation! In such circumstances, what but a miracle can save him from destruction?

Having been frequently an eye witness of such scenes, (of which the owner himself was, perhaps, ignorant,) I feel it my duty to advise him not only for humanity, but interest sake, to erect for his slaves, especially if he have many, a cheap, coarse kind of building as an hospital. This building should be fixed on some spot, enjoying in the highest degree, the double advantage of good water and air. It ought to consist of but one large room quite open to the top, well aired by doors and windows, and with a plank floor, that it may be frequently washed and kept perfectly clean. Some good tempered notable old woman of the family, should be appointed to attend the sick and supply the proper nourishment. In this cheap and simple way, many a valuable slave might, we are certain, be saved to his owner, which alone were an ample reward, without counting the present comfort of such humanity, or the future blessings of Him, who has promised, that "every act of love, even to the poorest slave, shall be remembered as if done to himself." To the truly wonderful effects of this regimen, embracing cleanliness, fresh air, good nursing and diet, I, myself, can bear the most public and unequivocal testimony.

In the year 1805, when our Summer and Autumnal

fever raged with uncommon violence and mortality in Savannah, having considerable practice among the shipping, I was induced, chiefly from motives of humanity, to open a private hospital for Seamen. And though I had usually from twenty to thirty patients during the sickly season, I lost but one of all who had been taken into the hospital at an early stage of the disease. This extraordinary success, I ascribe in a great measure to the virtues of the regimen above recommended. And in support of this reasoning, I will venture to assert, that hardly an instance can be quoted of the recovery of seamen when left neglected, or badly attended in the confined boarding-rooms, or steerages of the ships where they were attacked.

The very happy result of the little Hospital system above stated, cannot but excite the most earnest wish for a similar establishment in Savannah, but on a much larger scale. Such an institution could not fail to prove a great blessing to the state, but more so to Savannah, where such numbers of useful citizens, especially seamen, are annually swept off.

It affords me pleasure to state, that since the appearance of this friendly hint, in the first edition of this work, the humane citizens of Savannah, have actually established an Hospital as above, and have found it abundantly productive of the good effects predicted. Fortunate would it be, if similar institutions were erected in all our seaports. In addition to the softer whispers of *humanity*, gratitude now lifts her louder voice to the nation, and surely our gallant sailors, principally the objects of such hospitals, have given glorious proofs in the late awful contest, that they deserve every mark of attention that a great nation in the plenitude of munificence can bestow.

OF THE STRUCTURE

OF THE

HUMAN MACHINE.

How poor, how rich, how abject, how august,
How complicate, how wonderful is man!
How passing wonder He who made him such!
Who center'd in our make such strange extremes!
From different natures, marvellously mixed!
An heir of glory! a frail child of dust!
Helpless immortal! insect infinite!
A worm! a God!—I tremble at myself,
And in myself am lost.

YOUNG.

"*I am fearfully and wonderfully made, O Lord,*" exclaimed David on surveying the admirable mechanism of his own frame. Indeed so complicated and curious is the structure of this fabric, which has justly been termed the "master-piece of God's works," that no person who contemplates it, can possibly avoid joining with the pious Psalmist.

That illustrious physician of antiquity, Galen, is reported in his youth to have been a Sceptic, but on witnessing a dissection, and examining the mechanism of the human body, the divine wisdom and design running through all its parts, he was struck with such a sense of the great Architect, that he immediately be-

came a convert, and during his life devoted himself to the worship of the Deity with all the fervour becoming an enlightened and grateful mind. Having himself, happily caught the first spark of Divine light from a survey of this wonderful machine, he earnestly recommends to others the study of it as the noblest employment of the faculties, and one of the surest guides to rational devotion. His thoughts on this subject, though emanating from a heathen, are well worth the attention of all Christians.—"Those treatises," says he, "which display the excellencies of the great CREATOR, compose one of the noblest and most acceptable hymns. To acquaint ourselves with his sublime perfections, and point out to others his infinite POWER, his unerring WISDOM, and his boundless BENIGNITY—this is a more substantial act of devotion, than to slay hecatombs of victims at his altar, or kindle mountains of spices into incense."

Now, as one object of the "Medical Companion" is to treat of the art of preserving this divine piece of workmanship in a healthy state, nothing can impress us more forcibly than the absolute necessity of being made acquainted with its parts, and the laws that govern them. Without some knowledge thereof, it appears no more rational or possible to take the right care of it, or to keep it in good order, than it would be for a man to perpetuate the regular motion of a clock or time piece, who was totally ignorant of its mechanism.

The study of *Anatomy*, as it leads to the knowledge of NATURE, needs not, says the illustrious Cheselden, many tedious descriptions, nor minute dissections; what is most worth knowing is soonest learned, and least subject to difficulty, while dividing and describing the parts more that the knowledge of their uses requires, perplex the learners, and make the science tedious, dry, and difficult.

Upon this principle, the following anatomical description of the human body is conducted; and to render it perfectly intelligible to the uninformed readers, technical terms have, as much as possible, been avoided.

"When a master-builder (says the celebrated Hervey, whose sublime sentiments on this theme, are at once so elegant and appropriate, that I have taken the liberty, frequently to use them) undertakes to erect a magnificent edifice, he begins with the less decorated, but more solid parts, those which are to *support*, or to *contain* the rest." This order we will follow in considering the structure of the human frame.

The *Bones* are the hardest and most solid parts of the human machine, cast into a variety of moulds, enlarged or contracted into a variety of sizes, and calculated from their strength, to *support* the whole body. The manner of their articulation is truly admirable, and remarkably various; yet never varied without demonstrating some wise design and answering some valuable end. They contain marrow, which makes them less brittle, and are covered with a membrane, or thin substance like a bladder, called periosteum (except on the skull, where it is called pericranium) which is exquisitely sensible in an inflamed state, being plentifully supplied with nerves and blood-vessels. Its use is to sustain the vessels which enter the substance of the bones with their nourishment. The *head*, designed for the residence of the brain, is framed in exact conformity to this important purpose, ample to receive it; strong to uphold it; and firm to defend it.

The *Ribs*, turned into a regular arch, are gently moveable for the act of respiration. They form a secure lodgment for the lungs and the heart.

The *Back-bone* is intended not only to strengthen the body, and sustain its most capacious store-rooms; but also to bring down that appendage of the brain, which is usually termed Spinal marrow.

The *Arms*, pendent on either side, are exactly proportioned to each other, that the equilibrium of the structure may not be disconcerted. These being the

guards which defend, and the ministers which serve the whole body, are fitted for the most *diversified* and extensive operations; firm with bone, yet not weighty with flesh; and capable of performing with singular expedition and ease, all manner of useful motions. To these are annexed the *hands*, and all terminated by the *fingers;* which are not, like the arms, of the same length, and of equal bigness, but consisting of various little bones, and a multitude of muscles: what shape can they not assume? what service can they not perform?

The *Thighs* and *Legs* are alike substantial and stately columns; articulated in such a manner, that they administer most commodiously to the act of walking, yet obstruct not the easy posture of sitting. The legs swell out, towards the top, with a gentle projection; and are wrought off, towards the bottom, with neat diminutions. Which variation lessens their bulk, at the same time that it increases their beauty.

The *Feet* compose the firmest and neatest pedestal; infinitely beyond all that statuary or architecture can accomplish; capable of altering its form, and extending its size, as different circumstances require. Besides performing the office of a pedestal, they contain a set of the neatest springs, which help to place the body in a variety of graceful attitudes, and qualify it for a multiplicity of advantageous motions. The undermost part of the heel, and the extremity of the sole, are shod with a tough, insensible, sinewy substance. This we may call a *natural sandal.* It never wears out, never wants repair, and always prevents that undue compression of the vessels, which the weight of the body, in walking or standing, might otherwise occasion.

While many animals creep on the ground, while all of them are prone in their posture or their aspect, the attitude of man is *erect.* Which is by far the most *graceful*, has an air of dignity, and bespeaks superiority. It is by far the most *commodious;* fits us for the

prosecution of every grand scheme, and facilitates the success of all our extensive designs. It is likewise attended with the greatest safety; being, if not less than any other position exposed to dangers, yet more happily contrived to repel or avoid them.

The *Cartilages* approach much to the nature of bones, but are smooth and elastic. In them there is no sensible cavity for containing marrow, nor are they covered with any membrane to render them sensible as the bones are. They serve to make the bones, whose extremities they cover, move freely in their joints. They also contribute, in a great measure, to the formation of several parts, as the wind-pipe, nose, ears, and breast.

The *Ligaments* are tough, compact substances, more flexible than cartilages. They have no conspicuous cavities, neither have they any sensibility, lest they should suffer upon the motion of the joint. They serve to unite the several limbs, and prevent their parting from each other, as happen in dislocations.

The *Muscles* are distinct portions of soft, red flesh, with strong tendinous heads and tails designed for insertion.—They are composed of the slenderest fibres, yet indued with incredible strength; fashioned after a variety of patterns, but all in the highest taste for elegance, conveniency and usefulness. These with their tendons annexed, constitute the instruments of motion. The former contracting their substance, operate somewhat like the pulley in mechanics. The latter resembling the cord, are fastened to a bone, or some portion of flesh; and following the muscular contraction, actuate the part into which they are inserted. This, and all their functions, they execute, not like a sluggish beast of burden, but quick as lightning. Nature having inserted a nerve or more in each muscle, sets them at work; diffuses the power of sensation through the body; or, returning upon an impression from without, gives all

needful intelligence to the soul: so that flesh and nerves are the principal constituents of a muscle. *Inwardly* they supply the several movements of the active machine: *Outwardly* they render its appearance plump, well proportioned, and graceful.

The strength of the *muscles* is astonishing in all persons, but especially in cases of phrenzy, and in certain extraordinary characters, who, by the use of a few muscles only, will easily raise a weight much greater than that of their own bodies.

The *Tendons*, although much smaller than the body of the muscle, are composed of the same number of fibres. They are not capable of contraction, but serve like ropes to pull when the fleshy fibres act, for the commodiousness and firmness of insertion, and for the direction of motion.

The use of the tendons is to avoid a large quantity of flesh near the joint, to prevent clumsiness in particular places, and for the better admitting of that friction, which, in less compact parts, would have been injurious.

The *Nerves* are surprisingly minute, white cords derived from the brain, running to every part of the body. They perform two distinct offices; the one is, conveying sensation from all parts of the body to the brain.—Whatever impression is made, whether of an agreeable or disagreeable nature, on any part of the body, immediate intelligence of it is conveyed by those faithful sentinels to the seat of intellect. The other offices, performed by the nerves, is carrying the commands of the will from that seat to all the different parts of the body; in consequence of which the limbs and body are moved, in a great variety of directions, as the will ordains. For, most of the muscles of the body which produce motion, are in the guidance of our will; some of them, however, are entirely independent of it, as those of the heart, and vessels which carry on the circulation of the blood; and some are partly under the direction of our will, and partly independent of it, as those of respiration.

But all the muscles, the involuntary, as well as the voluntary, are enabled to act only by their communication with the brain; for when that is cut off by the destruction of the connecting nerve, whatever impression is made on the part can no longer be felt; the orders of the will to that part can no longer be obeyed, and the part itself can no longer move.

The *Arteries* are strong elastic tubes which arise from the heart; and thence striking out, as they go, into numberless smaller canals or branches, distribute the blood to every part of the body. These being wide at their origin, and lessening as they branch themselves, check the rapid motion of the blood. To sustain this shock, they are indued with uncommon strength; by performing this service they oblige the crimson current to pass into the *narrowest defiles*, and distribute itself into all quarters. The blood thrown from the heart dilates the arteries, and their own elastic force contracts them. By which means, they vibrate in proper places, very perceivably against the finger; bring advices of the utmost importance to the physician; and very much assist him both in discovering the nature of diseases, and prescribing for their cures. The larger arteries, wherever the body is formed for bending, are situated on the bending side; lest, being stretched to an improper length by the inflection, their dimensions should be lessened, and the circulating fluid retarded. They are not, like several of the considerable veins, laid so near the surface as to be protrusive of the skin; but are deposited at a proper depth in the flesh. This situation renders them more secure from external injuries.

The *Veins* are tubes or vessels which accompany the arteries, and are appointed to receive the blood from their extremities, and reconvey it to the heart. Small at their rise, and enlarging as they advance, they are void of any pulsation. In these, the pressure of the circulating fluid is not near so forcible as in the arteries; for which reason their texture is considerably slighter. In many

places they have valves, because the slow motion of the blood in the veins, and their weaker contractile power, unassisted by a force adequate to that of the heart, have great need of such an invention to ensure its return to the heart.

The *Secretory vessels* are minute tubes in the different organs, which serve to separate and strain off the different fluids from the general mass of blood.

The *Excretory vessels* are those tubes which also belong to the different organs, whose office is to carry off the humours that are separated.

The *Glands*, commonly called Kernels, are small bodies of finely interwoven vessels, whose office it is to secrete or separate fluids from the blood for particular uses, as spittle in the mouth, bile in the liver, milk in the breast, &c. Glands, when obstructed, become large and indurated, from which scirrhus and cancers are produced.

The *Membranes* are thin tunicles or fine webs like a bladder, appointed to enwrap the fleshy parts; to form a connection between some; to line the cavities, and make a separation between others.

The *Fibres* are simple thread-like bodies, which serve to form other parts; hence some are very hard, as the bony ones; and others soft, as the fleshy parts.

The *Skin*, like a curious surtout, exactly fitted, envelopes the whole, formed of the most delicate network; whose meshes are minute, and whose threads are multiplied even to a prodigy. The meshes are so *minute*, that nothing which is discernible to the eye passes them; though they discharge every moment myriads of superfluous incumbrances from the body.—The steam arising from the warm business transacted within, is carried off by these real, though imperceptible funnels; which con-

stitutes what we usually call *insensible perspiration.* A single grain of sand, according to Mr. Lewenhouk, will cover no less than one hundred and twenty-five thousand of these funnels, or what has been prettily styled "*cutaneous chimneys.*" The threads are so multiplied, that the point of the smallest needle cannot pierce any single part without causing an uneasy sensation, and an effusion of blood; consequently without wounding, even by so small a puncture, both a nerve and a blood-vessel.

The outermost covering of the body is that soft whitish tegument which rises in the pustule of a blister, and is called scarf-skin. The next, or *true-skin*, is that reddish and exquisitely tender part which appears when the blister is broken, and the dead skin taken off. The first is void of sense, and intended to screen the second, not only from the stroke of injuries, but even from the impressions of the air, which, mild as it may feel to the *sheathed*, would be too rough and sharp for the *naked* nerves.

The natural colour of the cuticle is white. The apparent black or brown colour in the African or Indian, is entirely owing to the mucous substance under it.

The *skin* unites in itself two very essential functions. It is the organ of the sense of the *touch;* it is the channel of perspiration. For this purpose, innumerable nerves and vessels are dispersed throughout the skin, which are in the continual act of feeling, and at the same time, of secreting and volatilizing noxious particles. It has been proved by accurate experiments, that the healthy individual daily and insensibly perspires upwards of three pounds weight of superfluous and impure humours. It may, therefore, be confidently asserted, that no part of the body is provided with so many important organs, by which it is connected with almost every operation performed in animal life, as the skin. By this organization, we are placed in immediate connexion with the surrounding atmosphere, which particularly affects us through the skin, and exerts its influence on our health: We farther feel directly through that medium, the qualities of the air, heat, cold, pressure and rarefaction.

Important as the skin is to external life, it is no less to the internal economy of the body, where it appears to be peculiarly designed to preserve the grand equilibrium of the different systems, by which the human frame is supported in its vital, animal, and sexual functions. If any stagnation, accumulation, or irregularity arise in the fluids, the skin is the great and ever-ready conductor, through which the superfluous particles are separated, the noxious volatilized, and the fluids, stagnating in their course, effectually attenuated; a canal being at the same time opened for the removal of those humours, which if they could get access to the vital parts, such as the heart and brain, would cause inevitable destruction. By the proper exercise of this organ, many diseases may be suppressed in their early stages; and those which have already taken place, may be most effectually removed. No disease whatever can be healed without the co-operation of the skin. The nature and constitution of this organ most certainly determine either our hope or apprehension for the safety of the patient. In the most dangerous inflammatory diseases, when the prospect of recovery is but gloomy, a beneficial change of the skin is the only effort by which nature, almost overcome, relieves herself, and ejects the poison in a surprising manner, frequently in the course of one night. The greatest art of a physician, indeed, consists in the proper management of this extensive organ, and in regulating its activity, where occasion requires. To mention only one circumstance; it is well known to those who have experienced the beneficial effects of a simple blister, that its stimulus, like a charm, has frequently relieved the most excruciating pains and spasms in the internal parts.

When the sensibility of the surface is impaired; when the myriads of orifices that are designed for the continual purification of our fluids, are obstructed, if not closed; when the subtle nervous texture is nearly deprived of its energy, so that it becomes an *impenetrable coat of mail*, is there any reason to wonder that we are so often harassed by a sense of constraint and anxiety,

and that this uneasiness, in many cases, terminates in gloom and melancholy? Ask the Hypochondriac, whether a certain degree of the cold, paleness, and spasmodic sensation in the skin, does not always precede his most violent fits of imbecility; and whether his feelings are not most comfortable, when the surface of his body is vigorous, warm, and perspires freely? In short, the degrees of insensible perspiration are to him the surest barometer of his state of mind. If our skin be disorganised, the free inlets and outlets of the electric, magnetic, and other matters, which affect us at the change of the weather, are inactive. Thus the origin of extreme sensibility towards the various atmospheric revolutions, is no longer a mystery; for, in a healthy surface of the body, no inconvenience will follow from such changes. If we farther advert to those acrimonious fluids, which, in consequence of an imperfect state of perspiration, are retained in the body, and which affect the most sensible nerves and membranes, we shall the better comprehend how cramps and spasms, the torturing pains of the gout and rheumatism, and the great variety of cutaneous diseases, have of late become so obstinate and general. The just proportion of the fluids, and the circulation of the blood, are also determined in no small degree, by the skin; so that if these fluids become languid, the whole momentum of the blood is repelled towards the interior parts. Thus a continual plethora, or fulness of the blood, is occasioned; the head and breast are greatly oppressed; and the external parts, especially the lower extremities, feel chilly and languid.

May we not infer, from what has been advanced, that the use of baths is too much neglected, and ought to be universally introduced?

Bathing is considered an excellent remedy for alleviating both mental and bodily affections. It is not merely a cleanser of the skin, enlivening and rendering it more fit for performing its offices; it also refreshes the mind, and spreads over the whole system a sensation of ease, activity and pleasantness. It likewise removes stagnation in the larger, as well as in the smaller vessels, gives

an uniform, free circulation to the blood, and preserves that wonderful harmony in our interior organs, on the disposition of which our health and comforts so much depend. A person fatigued, or distressed in body and mind, will derive more refreshment from the luxury of a tepid bath, and may drown his disquietude in it more effectually, than by indulging in copious libations to Bacchus.

There subsists so intimate a relation between our interior and exterior vessels, that almost every error or irregularity in the organs within, shows itself first on the surface of the body, particularly on the face. How often are we struck with the countenance of a person who thinks himself in perfect health, but whose illness, the result of some morbid cause, concealed in the body, justifies, in a few days, the serious apprehensions we entertained at our last interview? Nature has wisely ordained, that the first appearance of internal irregularities should be indicated by the countenance; but to what do we generally apply this index? We refuse to avail ourselves of her beneficent intimation; and the continued use of pernicious substances, instead of promoting the object we have in view, ultimately tarnishes and impairs that beauty which we meant to adorn and preserve.

The secret venom, circling in her veins,
Works through her skin, and bursts in bloating stains;
Her cheeks their freshness lose, and wonted grace,
And an unusual paleness spreads her face.

GRANVILLE.

We imagine it in our power to improve the skin, without attending to the purity of the fluids, though it is indebted to them for its very existence; and yet we should smile at a person, who should attempt to cleanse an impure tongue by constantly scraping it, when a disordered stomach was the real cause of that impurity.

The *Cellular Membrane*, so called from its numerous cells, adheres very closely to the skin, running between the muscles in general, and between their several fibres in particular; and communicating with the membrane which lines the inside of the breast and belly.—All its cells communicate with each other throughout the whole body, so that from any one part the whole may be filled with air, as is evident in beasts, from the butchers blowing up their lean meat with air when newly killed, and in emphysema, where the air from a broken rib, getting into one of the cells, forces its way into all the rest, distending the body to a frightful size; as also, in general dropsy, wherein all the cells, filled with water, may, by puncture, be emptied in the course of a night. In health this membrane is filled with an oily substance, which gives an agreeable rotundity to the limbs. It is also the seat of biles, and contributes to keep the inner parts warm and pliant; and, by filling the interstices of the muscles, renders the surface of the body smooth and plump.

The *Head*, that majestic dome, being the seat of the brain, in which the soul is supposed to reside, resembles the *General's* tent in an army, or the *Monarch's* palace in a city. It has a communication established with all, even the most remote parts of the system, has outlets and avenues, for the ready despatch of couriers to all quarters; and for the reception of speedy intelligence on every interesting occasion. It is furnished with lodgments wherein to post sentinels of various characters, and appoint to various offices—to expedite their operations; whether they are employed in reconnoitering what passes *without*, or examining what claims admittance *within;* the whole turns upon a curious pivot, most nicely contrived to afford the largest and freest circumvolutions. This stately capitol is screened from heat, defended from cold, and, at the same time, beautified by a copious growth of hair.

The GREAT CREATOR, profusely gracious to mankind, has made us an inestimable present of the SENSES;

to be the inlets of innumerable pleasures, and the means of administering the most valuable advantages. High in the head, bright and conspicuous as a star in the brow of evening, is placed the *eye*. In this elevated situation, like a sentinel posted in his watch-tower, it commands the most enlarged prospect. Consisting only of simple fluids, enclosed in thin tunicles, it conveys to our apprehension all the graces of blooming nature, and all the glories of the visible heavens. How prodigiously wonderful! that an image of the highest mountains, and a transcript of the most diversified landscapes, shall enter the small circlet of the pupil! How surprisingly artful! that the rays of light, like an inimitable pencil, should paint on the optic nerves, paint in an instant of time, paint in their *truest* colours and *exactest* lineaments, every species of external objects.

The *Eye* is so tender, that a slight accident, scarce perceivable by some other parts of the body, proves very injurious to its delicate frame. It is guarded, therefore, with the most solicitous care; with a care evidently proportioned to its nice texture, and extensive usefulness. It is *entrenched* deep in the head, and *barricaded* on every side with a strong fortification of bones. The wisdom and goodness of the Creator appear in the astonishing apparatus of muscles with which the eye is furnished, to produce all the necessary and convenient motions in the situation where it is placed. The eyebrows serve to defend this delicate organ from too strong a light; and as the incursion of the smallest fly would incommode the polished surface, it is farther defended by two substantial *curtains* (eye-lids) hung on a most slender cartilaginous rod, which secure it from floating dust and from every troublesome annoyance. In sleep, when there is no occasion to exercise the sense, but an absolute necessity to protect the organ, these curtains *spontaneously* close, and never fail to lie shut. On the inside of these curtains or eye-lids, lie glands, which secrete a limpid fluid, that lubricates the eyeball, as often as we wink, or, as it were, oils its wheels, and fits it for a course of unwearied activity.

The *Ear* consists of an outward porch and inner chambers, with tools of the most admirable contrivance, and finished workmanship. The *porch* is that *cartilaginous* substance, standing somewhat prominent from the head, covered with a tight expansion of the skin, and wrought into irregular bends and hollows; which, like circling hills, or surrounding rocky shores, collect the wandering undulations of the air, and transmit them with a vigorous impulse, to the finely stretched membrane of the tympanum, or drum of the ear. The *avenue*, or narrow entry, is secured from the insinuating attempts of little insects, by a *morass* of bitter and viscous matter, disgustful to their taste, and embarrassing to their feet. The *hammer* and the *anvil;* the *stirrup* and the *drum;* the winding labyrinths, and the rounding galleries; these and other pieces of mechanism, all instrumental to the power of hearing, are, beyond description, curious.

Amazingly nice must be the formation and inconceivably exact the tension of the auditory nerves, since they correspond with the smallest tremours of the atmosphere, and easily distinguish their most subtle variations. With the gentle gales that fan us, or even with the ruder blasts that assault us, these delicate strings are but little affected. Whereas, they are perfect *unisons* with those fine, those significant agitations of the air, which the acutest touch is unable to discern. These living cords, tuned by an Almighty hand, and diffused through the echoing aisles, and sonorous cells, these receive the impressions of sound and propagate them to the brain. These give existence to the charms of music, and reciprocate the rational entertainments of discourse. The *eye* perceives only the objects that are *before* it; whereas the *ear* warns us of transactions that pass above us, behind us, all around us. The eye is useless amidst the gloom of night, and cannot carry its observation through the bolted door or the closed window-shutter; but the ear admits her intelligence through the *darkest* medium, and the minutest cranny. Hence, when we cannot see our friend, because of an interposing partition, yet by the friendly aid of this organ, we can learn that he is in the adjoining room by his voice,

or that he is near by his steps. The eye is upon duty only in our waking hours; but the ear is always expanded, and always accessible; a courier which never tires; a sentry ever in his box. To secure a resource, in case any misfortune should disable *one* of the hearing or seeing organs, our all gracious MAKER has given us *duplicates* of each.

As there are tremulous concussions impressed upon the air, discernible only by the instruments of hearing; there are also *odoriferous* particles wafted by the same ærial vehicle, which are perceivable only by the *smell.*

The *Nostrils* are wide at the bottom, that a large quantity of effluvia may enter; narrow at the top, that when entered, they may close their ranks, and act with greater vigour. Fine, beyond all imagination, are the streams which exhale from fœtid or fragrant bodies.—The very best microscopes, which discover *thousands* and tens of *thousands* of animalcules in a drop of putrefied water, cannot bring one individual among all these evanescent legions to our sight. They sail in numberless squadrons, close to our eyes, close by our ears; yet are so amazingly attenuated, that they elude the search of both. Nevertheless, so judiciously are the olfactory nets laid, and so artfully their meshes seized, that they catch these vanishing fugitives. They catch the roaming perfumes, which fly off from the opening honey-suckle, and take in the stationed sweets which hover round the expanded rose. They imbibe all the balmy fragrance of spring, all the aromatic exhalations of autumn, and enable us to banquet even on the *invisible* dainties of nature.

Furnished with these several organs,
——————————— not a breeze
Flies o'er the meadows, not a cloud *imbibes*
The setting sun's effulgence, not a strain
From all the tenants of the warbling shade
Ascends, but whence our senses *can partake*
Fresh pleasure.

AKENSIDE.

Another capacity for frequent pleasure, our bountiful CREATOR has bestowed, in the power of *taste;* by means of which the food that supports our body, feasts our palate; first treats us with a pleasing regale, then distributes its beneficial recruits. The razor, whetted with oil, becomes more exquisitely keen. The *saliva*, flowing upon the tongue, and moistening its nerves, quickens them into the liveliest acts of sensation. This sense is circumstanced in a manner peculiarly benign and wise; so as to be a standing, though silent plea for *temperance.*

The sight, the smell, the taste, are not only so many separate sources of delight, but a joint security to our health. They are the *vigilant* and *accurate* inspectors which examine our food, and inquire into its properties, whether it be pleasant or disagreeable, wholesome or noxious. For the discharge of this office, they are excellently qualified, and most commodiously situated; so that nothing can get admission through the mouth, till it has undergone the scrutiny, and obtained the passport of them all.

To all these, as a most necessary and advantageous supplement, is added the sense of *feeling;* which renders the assemblage complete. While other senses have a particular place of residence, this is diffused throughout the *whole* body. In the palms of the hands, on the tips of the fingers, and indeed through all the extreme parts of the flesh, it is most quick and lively. The whole army of Xerxes drawn out in battle array, with his *millions* of supernumerary attendants, were but like a few *gleaners* straggling in the field, if compared, either in number or order, with those nervous detachments, which pervade the texture of the skin, and minister to the act of feeling.

The *crowning gift*, that which improves the satisfaction, and augments the beneficial effects accruing from all the senses, is *speech.* Speech makes me a gainer from the eyes and ears of other people; from the ideas they conceive, and the observations they make. And what an admirable instrument for articulating the voice, and

modifying it into speech, is the *tongue!* The tongue has neither bone nor joint; yet fashions itself, with the utmost volubility, into every shape and every posture, which can express sentiment, or constitute harmony.—This little collection of muscular fibres, under the conducting skill of the CREATOR, is the artificer of our words. By this we communicate the *secrets* of the breast, and make our very *thoughts* audible. By this we instruct the ignorant, and comfort the distressed; we glorify GOD, and edify each other.

Who would not bless for this the gift of speech,
And in the tongue's beneficence be rich?

But *still*, what is this mansion of flesh, though so exquisitely wrought, compared with the noble and immortal inhabitant, which resides within?

——————"*That intellectual being,*
Those thoughts, which wander through eternity."

The *Mind or Soul* has a much higher origin than that of the perishable frame, with which it is at present connected. It is neither *nerves*, nor the *nervous fluids*. These are only *its agents*, in this its imprisoned state. When the "*silver cord*" is broken, which connects MIND and MATTER together, vitality ceases; the body then, with all its artful and numerous vessels, fibres and nerves, and other exquisite *machinery*, undergoes decomposition, and is turned into its original elements; but the IMMORTAL SOUL, having shaken off this coil, is destined for a new residence; to flourish in eternal youth; to outlive the wreck of elements, and the crush of worlds. It is embodied even in its residence in another world. "Thou fool," says the Philosopher and Apostle, "that seed which thou sowest is not quickened except it die."—"And that which thou sowest is not that body which shall be; but God giveth it a body as it hath pleased him, and to every seed its own body. So also is the re-

surrection of the dead. The body is sown in the earth in dishonour, it is raised in glory; it is sown in weakness, it is raised in power; it is sown a natural body, it is raised a spiritual. Behold I show you a mystery. We shall not all sleep, but we shall all be changed. In a moment, in the twinkling of an eye, at the last trump; for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed. For this corruptible must put on incorruption, and this mortal must put on immortality." Man therefore is not what he will hereafter be. What we discover of him here below, is only the gross *foldage*, under which he crawls upon the earth, and which he must shortly cast off.

The animal body has no other relation than to this earth; the spiritual body will have enjoyments which "*ear hath not heard, nor hath it entered into the heart of man to conceive;*" new senses will disclose themselves, and, by multiplying his perfections in an almost infinite degree, his sphere will be aggrandized, and he will be equal to superior intelligences. Revelation informs us it will be so; and the parable of the seed is the most expressive and philosophic emblem of this wonderful pre-ordination.

The senses, as they will be brought into subjection to the soul, will no longer rule over her. Separated from flesh and blood, there will remain in her none of those earthly affections which resulted from them.—Transported into the regions of light, the human understanding will present no ideas to the will, but those of highest good. It will then have no other than the lawful desires, and God will be their constant and ultimate end. It will love him from gratitude; will fear him from a principle of love; and will adore him as the supremely amiable being, and as the eternal source of life, perfection, and happiness.

Christians, who believe this doctrine of life, can ye have any dread of death? Your immortal spirits continually cleave to matter, and they are indissoluble; being henceforth united to an unperishable, and differently organized body, she looks upon death as a happy trans-

mutation, which, by disengaging the seed from its *covering*, will give a new being to the plant. "O death, where is then thy sting! O grave, where is thy victory!"

The *Thorax* or breast, is situated between the belly and neck. The front part is commonly called the breast; the posterior part the back, and the lateral parts the right and left sides.

Before we take notice of the internal parts, it may be proper to speak of the mammæ or breasts.

These are two glandular bodies, of a roundish oval figure, most remarkable in women. The time of their growing full in the female is about the age of fourteen or fifteen, and that of their decreasing, is about the fiftieth year. The breasts are composed of a vast multitude of minute vessels to secrete the milk from the blood. These vessels, as they approach the nipple, fall into, and form eight or ten larger pipes, which are connected together with admirable skill, that, in case of any obstruction or accident in any one or more of them, the milk might not be obstructed.

The swelling of the breasts during the time of gestation, is owing to the consent between them and the womb.

The cavity of the breast is lined by a fine smooth membrane, named pleura, and contains those two grand organs, the heart and lungs.

The *Lungs* are divided into two larger portions, called lobes; the one on the right, and the other on the left side.

The vessels which enter the lungs, are the trachea or wind-pipe, by which we draw in the air, the pulmonary artery, which comes from the right ventricle of the heart, and the pulmonary vein, whose trunk opens into the left ventricle of the heart; each of these divides into two branches.

The lungs differ from every other part of the body in this respect; the wind-pipe, in its minutest ramifications, passes through all parts of its substance, terminat-

ing every where in air vesicles for the grand purpose of respiration, which keeps it in a continued state of action and re-action. Hence, when the lungs are diseased, their motion is not only increased by the respiration being quickened, but they suffer violent concussion by the means of coughing. This circumstance renders disorders of the lungs more peculiarly difficult to cure.

The *Heart* is a strong, active, indefatigable, muscular body, of a conical figure, included in an exceedingly strong membranous bag, called the pericardium or heart-purse, and situated in the cavity of the chest. It has two separate cavities, called ventricles, out of which issue the two large arteries of the human body, one called pulmonary, or artery of the lungs, the other aorta, or large artery of the body, from which all the other arteries go off, as branches of a tree from its trunk, dividing themselves into minute ramifications in their progress. Near the mouths of these two ventricles are two other hollows, which, from their similitude to dog's ears, are called auricles, into which the veins, returning from all parts of the body with the blood, empty themselves, through two large trunks or channels. It has two motions called *systole* and *diastole;* the former is when it contracts itself, and thereby forces the blood into the arteries. The diastole is when it relaxes itself, and receives the blood from the veins. The ventricles of the heart are each capable of receiving an ounce of blood or more, and therefore being full in their diastole, we may suppose that they throw out at least one ounce of blood each systole. The heart contracts about four thousand times in an hour, more or less, according to the different temperaments, sexes and ages; and, therefore, there pass through the heart every hour, four thousand ounces, or two hundred and fifty pounds weight of blood. Now the common opinion is, that the whole mass of blood does not exceed twenty-five pounds, and, therefore, according to this allowance, a quantity of blood equal to the whole mass, passes through the heart ten times in an hour, that is about an ounce every second. If

the heart contract eighty times in a minute, then twenty-five pounds weight of blood pass through its ventricles once in five minutes, or twelve times in an hour.—The farther the blood moves from the heart, its velocity decreases as the artery divides into more branches, so much so, that the blood moves 5233 times slower in some capillary arteries than it does in the aorta or great artery. The blood is received from the arteries into the veins, where it still moves more slowly as it returns to the heart again. The arteries are to the veins as 324 to 441, and consequently the blood moves in the veins above 7116 times slower than it does in the aorta.

The heart is the grand organ of the circulation of the blood, and, consequently, of life. Impelled by this beating engine, part of the blood shoots upward; and sweeps, with a bounding impetus, into the head. There it impregnates the prolific fields of the brain; and forms those *subtile spirituous* dews, which impart sense to every nerve, and communicate motion to every limb.—Part flows downward; rolls the reeking current through all the lower quarters; and dispenses the nutrimental stores, even to the meanest member, and the minutest vessel.

Observe, how the stately *Thames*, and the lordly *Potomac*, refresh the forest and groves; water the towns which crowd their banks; and make the meadows they intersect, laugh and sing. So, only with an incomparably *richer* fluid, and with infinitely *more numerous* streams, this human river laves the several regions of the body, transfusing vigour, and propagating health through the whole. The living flood never discontinues its interchangeable tide; but, night and day, whether we sleep or wake, still perseveres to sally *briskly* through the arteries, and return softly through the veins.

Such astonishing expedients are used to elaborate the chyle, to blend it with the blood, and to distribute both through the body, that the animal constitution is perfectly maintained. In youth, its bulk is increased; in age, its decays are repaired; and it is kept in tenantable condition for the soul, during the space of seventy or eighty years.

The doctrine, taught by the immortal Harvey, the discoverer of the circulation of the blood, is, that all the veins of the body falling into two trunks, viz. the ascending and descending cava, empty themselves into the right auricle of the heart. The right auricle unloads into the right ventricle of the heart, which throws the blood through the pulmonary artery, into the lungs, by its two branches, which go to the right and left lobes.

From the lungs the blood is brought back by the pulmonary veins, into the left auricle, and thence it passes into the left ventricle, from which it is distributed through the body by the aorta, or large artery and its branches. These terminate in the veins of the body, which collect the blood and bring it back to the heart, by the two cava, or large veins.

In other words, the blood is conveyed from the left ventricle of the heart by the aorta and its branches, to the minutest and most remote parts of the body, and then, passing from the extremities of the smallest arteries into the incipient veins, circulates through them into their larger branches, and so on into the right auricle of the heart, thence into the right ventricle, whence it is forced (with the fresh supplies that it receives from the chyle in passing through the subclavian vein) into the pulmonary artery, and after circulating through, and being acted upon by the lungs, in its passage through them, is returned by the pulmonary vein, into the left auricle, and thence into the left ventricle, and so on, the same round, until death concludes the progress.

There is in the consideration of the organs performing the circulation of the blood, an air of grandeur that seizes forcibly on the mind, and penetrates it with the highest admiration.

We perceive that the blood, every time it is returned to the right ventricle of the heart, is directly dispersed through the lungs, and immediately reconveyed to the heart, before it is permitted to begin a new circulation. In the study of nature throughout all her work, however complex the machine, the utility of each part ever claims the admiration of the speculative mind. The ob-

servation is beautifully illustrated on the present occasion, and "I believe it will be admitted by every one (says the ingenious Author of the Medical Extracts) that the blood, after having performed one round, throughout the animal economy, undergoes some new and important change in its transit through the lungs, especially requisite to support a second circulation.—This change is certainly the oxygenation of the blood, and we should expect if oxygen be the natural stimulus to the heart, and arteries, that their pulsation would be in proportion as the blood had access to this principle."

That animal heat depends upon the action of the arteries, and the circulation of the blood in general, is very natural to imagine; because whatever increases the velocity of the circulation, whether exercise, friction, or disease, also increases the internal heat; whereas fainting, hemorrhage, and whatever produces a weak and languid circulation, also diminishes the heat of the body.

When a ligature is put around an artery, so as to prevent the blood from being carried to any particular limb, that limb becomes colder than it was, and does not recover its natural heat, until by removal of the ligature, or the expansion of the branches, which go off from above the ligature, the usual quantity of blood is circulated through the limb.

The intimate connexion which subsists between the life of man and the air he breathes, was entertained in the remotest ages. Some even supposed that, speaking of the creation, when Moses says, "God breathed into man the breath of life," he alludes to this intimate union. It is thus with a new-born infant; the first thing we do is to infuse into his nostrils "the breath of life." For until the lungs are expanded, and the venal or purple blood is changed into arterial or crimson, in that organ, the heart does not contract, nor the arteries vibrate; and, like a clock, that is not wound up, though sound in all its parts, they remain entirely at rest. In the clock, if we but wind it up, the main-spring applying its powers, all the wheels are immediately put into motion, and it marks its hours and minutes; so, likewise, in the ani-

mal machine, the blood in the lungs having imbibed the vital principle from the air, the heart acquires its actions, the brain its energy, the nerves their sensibility, and the other subordinate springs of life presently resume their respective functions.

No organ can be severely affected without affecting the heart, and disturbing its functions, nor can the heart be in the smallest degree affected, without disturbing every function of the animal economy.

But the heart is not only affected by what injures the body, but also by what ruffles the mind. Rage occasions frequent and forcible contractions; sorrow, slow and languid ones; and there are instances of violent passions suspending the contractions of the heart altogether, and occasioning death. The heart is not only affected by whatever hurts the body or mind of the person, to whom it belongs, but also by what hurts the bodies or minds of others. But the extent of this kind of sympathy differs greatly in different persons. In some it embraces children, friends, relations, countrymen, and in a certain degree, the whole human race; in others, it seems to be entirely confined within the limits of their own bodies, or at most, reaches with a blunted sensibility, no farther than to those whom they conceive to be their own offspring. While the blood is in circulation, various liquors are separated from it by a process called secretion, all these secretions being necessary for the health and preservation of animal life. When it is taken from the vein by the usual mode of bleeding, and left to itself, it soon congeals, and appears to be composed of two distinct parts, called crassamentum, or solid, and serum, or liquid. In a mass of healthy human blood, about one half is crassamentum, which hath the red colour to itself. The serum in a healthy state is almost colourless; at other times it is yellowish, or of a greenish hue, while the top of the crassamentum has different degrees of firmness, and puts on different appearances, with respect to colour, according to the constitution and health of the subject, from which it is taken. A due proportion of the respective parts of the blood is necessary to perfect health.

The *Diaphragm* or *Midriff* is a large, thin, broad muscle, that divides the breast from the belly.

The uses of the midriff are, first, to assist in respiration, for, in taking in the breath, it is pressed downwards, and in expiration, it rises upwards into the cavity of the breast: secondly, to assist the necessary motions of the stomach, intestines, liver and spleen; and for assisting the expulsion of the fæces, the urine, the fœtus in parturition, and of the secundines or after birth. It marks our passions by its irregular actions, as sighing, yawning, coughing, laughing. It is affected by spasms as in hiccough.

The *Abdomen* or *Belly* lies between the breast and pelvis, which is formed by the juncture of the haunch bones.

The belly contains many of the principal parts of the human body, as the stomach, the intestines, liver, spleen, pancreas, kidneys, bladder, &c.—On its inside it is lined with a membrane called peritoneum, which is capable of a very great extension; and afterwards can contract itself to its ordinary size, as we see in pregnancy, dropsy, corpulency, and repletion.

The *Stomach* may be considered a dilatation of the œsophagus or gullet, as it is a continuation of the same tube. Its figure nearly resembles the pouch of a bagpipe, and has two orifices, the one above from the gullet, through which it receives the crude aliment, the other below, whereby it conveys the partially digested food or chyme into the duodenum.

Before the food enters the gullet, it must of necessity pass over the orifice of the *wind-pipe;* consequently must be in very imminent danger of falling upon the lungs. which would, if not entirely obstruct the breath, yet occasion violent coughing, and great inconveniencies. To obviate this evil, the all foreseeing CONTRIVER has placed a *moveable lid,* or hung a *cartilaginous drawbridge;* which, when any of the smallest particle of food advances to enter the stomach, is pulled down, and shut

close; but the very moment the morsel is swallowed, it is set loose and stands open. By this two-fold artifice, the important passage is always barred and made sure against any noxious approaches; yet is always left free for the necessary accession of air, and commodious for the purpose of respiration.

When the malster prepares his grain for the transmutation of the brew-house, he suffers it to lie several hours steeping in the cistern, before it is fit to be spread upon the floor, or dried on the kiln. The meat and drink likewise must remain a considerable time in the *stomach* before they are of a proper consistence and temperature, either for the tender coats, or the delicate operation of the bowels. For which purpose that great receiver is made strong to bear, capacious to hold, and so curiously contrived, as to lay a *temporary embargo* upon its contents. Here they are lodged in the very centre of warmth, and concocted by the most kindly combination of heat and humidity. Here they are saturated with other fermenting or diluting juices; and are kneaded, as it were, by the motion of the stomach, and compression of the neighbouring parts. So that every the minutest fragment is separated; the whole is reduced to a *tenuity* abundantly finer than the exactest grinding could effect; and all is worked up into the smoothest, most *nicely mixed* pulp imaginable. From hence it is dislodged by a gentle acting force, and passes by a gradual transition into the cavity of the intestines.

The *Intestines* form one continued canal from the stomach to the anus, which is usually five or six times the length of the individual. It is curiously convoluted in the abdomen, and is extremely irritable. Although one entire tube, anatomists have divided it into the small and great intestines. The small intestines are called duodenum, jejunum, and ilium; the larger are the cæcum, colon, and rectum.

The Duodenum, so called, because it is generally *twelve inches long* in adults, is the widest and shortest of the small intestines. At a short distance from where

it joins the stomach, it receives two ducts, the one from the liver, bringing the bile, and the other from the pancreas, or sweet bread, bringing its liquor to complete the digestion of the food. The second gut is the jejunum, so called, from its being usually found *empty*, its numerous lacteal vessels having absorbed the chyle.

The Ilium is the third and last of the small intestines. The great length of the small guts is evidently for the convenience of a greater number of lacteals, that the chyle which misses their orifices in one place may not escape them in another.

The Cæcum, or blind gut, is a pouch, as it were, of the Colon, about three inches long, and called blind, from its being out of the direction of the passage of the food.

The Colon is the greatest and widest of all the intestines, about eight or nine hands' breadth long, and by lying so contiguous to all the bowels, it communicates all the benefits of the injections thrown into it.

When the Colon is affected, there is a sense of weight, though the pain is not very acute; whereas, in the small guts there is not any sense of weight, but an acute pain. Sometimes a pain in the colon attended with fever, the pain extending to the ribs, gives a suspicion of pleurisy, though the colon only is affected.—The colon is narrower on the right side than elsewhere, whence colic pains arise more frequently, and are more severe in this part. The excrements are long retained here, and often are much indurated before they pass farther on.

The Rectum or straight gut, is about a hand's breadth and a half long. It begins where the last curvature of the colon ends, and is terminated at the fundament. At its termination it is surrounded by circular muscular fibres, called the sphincter ani, to retain the fæces.

The intestines are not left to move at random in the cavity of the abdomen, but are artfully tied down by a membranous web, which prevents their circumvolutions from being entangled in each other, at the same time allowing a gentle, but animated motion. That part of it which is connected with the small intestines is

called mesentery, the other part fastened to the colon, mesocolon:—All the intestines have in their inner membrane an almost infinite number of very small glands, whose office it is to discharge into the intestines a liquor for the attenuation of the chyle, for lubricating the intestines, and in the large guts to soften the fæces, that they may be evacuated without pain. The intestinal caval serves to complete the first digestion, strain off the chyle, and carry off the fæces.

Had the intestine been *straight* and *short*, the food might have gone through them, without resigning a sufficient quantity of its nourishing particles. Therefore this grandest of all the vital ducts is artfully convolved, and greatly extended, to afford an opportunity of sifting more thoroughly whatever passes, and of detaining whatever may serve its purposes. Though the alimentary substance can never mistake its way, yet it may, through some accidental impediment, attempt to return backward. In this case a valve intervenes, and renders what would be extremely pernicious almost impracticable.

Upon a survey of the use of the stomach and intestines, we cannot avoid being struck with wonder at its apparent simplicity, answering so many salutary purposes. As soon as we take our food, it is received into a place in all points calculated to render it fit for yielding its nutritious contents. At first, the food taken into the stomach, retaining its peculiar properties, irritates the coat of that organ, and occasions a contraction of its two orifices. The food thus confined then undergoes a constant agitation by means of the abdominal muscles, and of the diaphragm, and by the motion of the fibres of the stomach itself. By these movements every part of the food is exposed to the action of a fluid secreted in the stomach, called the gastric juice, which gradually dissolves and attenuates the food, and prepares it for its passage into and farther change in the intestines.

The painful sensation of hunger, which is the irritation of the gastric juice on the coat of the stomach, or a sensation of a defective supply of chyle in the arterial system, being removed by the food, we soon feel a mild

and undescribable delight, first, from the stimulus of the aliment, and secondly, from the distention of this, and the increased action of other parts.

The aliment having remained during two or more hours in the stomach, is converted first into a greyish pulp, which is called chyle. This fluid passes out of the right orifice, the fibres of which relax to allow it to escape; while the grosser and less altered particles remain in the stomach till they acquire a sufficient fluidity to pass into the intestinal canal. As the digested food enters the duodenum, it stimulates the common duct of the gall-bladder, from which it receives a full supply of bile, and of saliva, secreted from the pancreas.

The *Chyle*, drawn off by all the secretory orifices, is carried along millions of the finest ducts, and lodged in several *commodious cells*. As a traveller, by taking proper refreshments on the road, is better qualified to pursue his journey; so the chyle, diverted to those little inns, is mixed with a thin, diluting, watery substance, which renders it more apt to flow, and more fit for use. Hence it is conveyed to one *common receptacle*, and mounts through a perpendicular tube. When provision or ammunition is transmitted to an army, it generally passes under an escort of able troops. As this is the immediate support, and principal nourishment of the whole system, its conveyance is guarded with peculiar caution. The *perpendicular vessel* that conveys it, not having sufficient force of its own, is laid contiguous to the great artery, whose strong pulsation drives on the creeping fluid, enables it to overcome the steep ascent, and unload its precious treasure at the very door of the heart. Here it enters the trunk of a large vein, which is secured by a valve admirably constructed to prevent the refluent blood, in case it should offer to return; but opens a free, safe and easy avenue to introduce this milk, this manna of nature.

The *Blood*, through every stage of its simple circuit, having sustained great expenses; being laid under con-

tribution by every gland in the whole system; and having supplied myriads of the capillary vessels with matter for insensible perspiration, must be very much *impoverished;* but is most opportunely recruited by this accession of chyle.

Besides the uses above specified, appropriated to the stomach and intestines, there is another very considerable one bestowed on them, particularly the former, by which impressions are diffused to almost every part of the machine, and from which all the sensible parts of the body receive very peculiar and extraordinary advantages. We mean that of conveying action to different parts, and feeling the effect from these sympathetically and instantaneously. For instance, a glass of wine or brandy, received into the stomach of a person exhausted with fatigue and ready to faint, gives instantaneous spirits and fresh vigour. This must proceed from the manner it affects the nerves of the stomach, and their being sympathized with by the rest of the body, as there is not time for the liquor to be conveyed into the blood in the usual manner.

The *Stomach* is not only more universally sympathized with than other organs, but also hath a greater number of distinct reciprocal sympathies with particular parts of the body than any other organ. A blow on the head occasions vomiting. A disordered stomach often excites a head-ach. The head-ach, which is apt to come after drinking too much wine, or other strong liquors, certainly proceeds from the stomach, and sometimes is diminished or entirely removed by a dram. A stomach disordered by indigestion, is often accompanied with flushings in the face, with palpitations at the heart, with difficult breathing, with dejection of spirits, with an uncommon sensibility to any unexpected sight or noise, and with giddiness.

The *Omentum* or *Caul* is a fine membrane like network, larded with fat. It is situated under the peritoneum, and immediately above the intestines, on the sur-

face, resembling an apron tucked up. It serves to lubricate the intestines, that they may the easier perform their peristaltic motion, to cherish and defend them from cold, and to assist in the formation of the bile. It serves also to temper the acrimony of the humours, and probably, to give nourishment to the body, as all the other fat is supposed to do, when it is incapable of being nourished any other way.

The *Liver* is situated immediately below the diaphragm or midriff, on the right side. It reaches as far back almost as the spine or back bone, and rests upon the right kidney. It is the largest gland in the body, and is divided into two unequal parts, called lobes. Except for the vessels, which are very numerous, the liver would be very soft, and like a piece of congealed blood.

The great use of the liver is to secrete the bile. It is the seat of various disorders, inflammation, abcess, scirrhus, &c. and in most of them, the countenance hath a pale colour, or a yellowish one, with a greenish cast. There is one circumstance not much attended to with respect to the situation of the liver, its large or right lobe occupies the whole half of the belly where it lies from the spine to the inside of the ribs, laying over the upper part of the kidneys. Now, this position of the liver is not often considered, for when any person hath a pain in the small of the back, they say very readily it is in the kidneys, but if it is a little higher up in their back, it is seldom, if ever, thought to be in the liver, though it most undoubtedly may, as its posterior edge lays on that part, on the right side.

The *Gall Bladder*, or receptacle of bile, is fixed to the under side of the liver. Punctual as a porter in his lodge, it waits, ready to pour its acrimonious, but salutary juices on the aliment, as it advances from the stomach; which *dissolve* its remaining viscidities, support the peristaltic motion of the intestines, and greatly assist in completing the digestion.

Such is the importance of the bile in our constitution,

and the ill consequence of an error in it, that every aid is desirable, by which our knowledge of its nature can be promoted. When there is a defect of bile, it disposes the body to various diseases; as melancholy, indigestion, and obstruction of the viscera, &c. When there is a redundancy of bile, or it offends the stomach by its acrimony, it causes chilliness, shivering, and great anxiety. It is certain, that in fevers, the bile is not only plentifully generated, but is also peccant in its quality, and whence, if not duly evacuated, it must be productive of many disagreeable symptoms; hence the importance of a soluble belly in febrile disorders.

The *Pancreas, or Sweet Bread*, is a large gland, situated near the stomach, serving to secrete a liquor like the saliva, which is discharged, by a short duct, into the duodenum.

The *Spleen* is situated under the cartilages of the left short ribs. In its natural and sound state, it is about six or seven inches long, about three in breadth, and one in thickness. It often becomes scirrhous and considerably enlarged in persons who have been frequently attacked with intermittent fever. Its use is not precisely known.

The *Kidneys* are two oval bodies, situated in the loins, contiguous to the two last short ribs; the right under the liver, and the left under the spleen. They separate the urine from the blood.

The *Ureters* are tubes about the size of goose quills, and about a foot long; they arise from the kidneys, and enter the bladder near its neck. They form to themselves, as it were, valves, so that, upon the contraction of the bladder, the urine is ejected through the urethra, its proper passage.

The *Bladder* is a membranous and fleshy sack or bag, capable of contraction and dilatation, situated in the

lower part of the belly. Around its neck (which is longer in men than in women) there goes a small sphincter muscle, whose office it is to contract the orifice of the bladder, that the urine may not be involuntarily discharged. The use of the bladder is to receive the urine, which is perpetually secreted into it from the kidneys.

The *Uterus or Womb*, is situated between the urinary bladder and the Rectum, or straight gut. It is placed, by Divine wisdom, in a situation of great security, called the pelvis or bason, being guarded on all sides by the strong bones that form the basis of the trunk. In figure it very much resembles a pear, its broadest extremity, which is called its bottom, is uppermost, and its small part, the neck, is downwards. The womb, when impregnated, hath a very small cavity, but becomes larger as pregnancy advances, and in the time of delivery, has its mouth wonderfully dilated, so as to give passage to the child.

About the age of puberty, the blood-vessels of the uterus become distended, and secrete monthly a fluid which is called menses, catamenia, and vulgarly, flowers, courses.

The *Vagina*, or neck of the womb, extends from the mouth of the uterus to the pudendum or external parts. In women it enlarges, and like the uterus, in the time of birth dilates very much. Just within the vagina is the orifice of the urethra, which is shorter, wider, and straighter than in men.

Besides the womb and vagina, there are two other contrivances which are supposed to perform particular functions, in the propagation and formation of our species, the one called ovaria, from their retaining small round substances of the nature of eggs, the other fallopian tubes, from their discoverer Fallopius.

The *Fallopian Tubes* are situated on the right and left sides of the womb. They rise from its bottom by a narrow beginning, and dilate in the form of a trumpet to

their extremities at the ovaria. Their cavity, where they open into the womb, will scarcely admit of a hog's bristle; but at its widest part, it will take in the end of one's little finger. The tubes are about four or five fingers' breadth long.

They serve to convey from the ovaries the rudiments of the fœtus to the womb, where they are further developed and perfected.

The *Ovaria, or Ovaries*, are two small bodies, situated on each side of the fundus uteri, or bottom of the womb, behind the fallopian tubes. At the age of puberty they are full and plump, and continue so until the menses are about to depart. They contain from ten to twenty or more pellucid eggs, which are supposed to contain the primordia of the fœtus.

The *Testes, or Testicles*, are two oval glandular bodies, seated in the scrotum, which serve to secrete the semen from the blood. The scrotum, or external covering, is made up of the scarf skin, true skin, and immediately under the latter, is a thick cellular texture closely adhering to it. It is likewise composed of many fleshy, or muscular fibres, by means of which the scrotum is contracted, and is reckoned a sign of health.

The *Prostate Gland* is situated at the neck of the bladder, and is about the bigness of a walnut. By some it is supposed to secrete a fluid merely to lubricate the urethra, and by others, it is deemed subservient to the process of generation.

The *Urethra* is a canal or pipe of the thickness of a goose quill, and about twelve or thirteen inches long, which begins at the neck of the bladder, and terminates at the end of the penis. Its inner membrane furnishes a mucilaginous liquor, serving to defend it against the acrimony of the urine.

The *Penis* is composed of two spongious bodies, part

of the urethra, the glands or nut at its extremity, and its integuments. The spongious bodies take their name from being porous like sponge, and capable of being distended and enlarged by the blood penetrating their substance, as in cases of erection. The integuments of the penis make a hood to the glands or nut of the yard, called prepuce or foreskin. The small ligament, by which it is tied to the under side of the nut, is called frænum. The use of the prepuce, or foreskin, is to keep the nut soft and moist, and to preserve its sensibility. The amputation of it constitutes circumcision, a practice recommended by Moses to the Jews.

We shall now conclude the anatomical part of the human body, and trust enough has been said, concise as it is, to give to the uninformed readers just conceptions of the most important parts of the human machine, and its natural action.

We see the greatest multiplicity of parts, yet the most perfect harmony subsists between them all. No one hinders, but each assists the operation of another, and all conspire to the benefit and preservation of the whole. Most judiciously has the great apostle touched this subject; and most happily applied it to illustrate the reasonableness, and enforce the practice, both of *personal* and *social* duties, of private content, and public concord.

The body, he observes, *is not one member, but many*, to each of which some peculiar and needful office is assigned; so that the *foot*, though placed in the lowest order, and destined to serve on the very ground, has no reason to reckon itself a worthless outcast; or to say, *Because I am not the head I am not of the body.* Neither has the *head*, in its exalted station, and amidst its honourable functions, any cause to despise the inferior limbs; or to say, with contempt and self-sufficiency, *I have no need of you.*—If there were no feet, what would become of the locomotive faculty? or how could the body convey itself from one place to another? If there were no hands, what should we do for the instruments

of action? Or how could the animal frame be defended and accommodated? Nay, the parts, *which seem to be less honourable*, are necessary. Even those which form the sediments, or throw off the dregs, are of importance to life and its comforts. Should those be obstructed in their action, the most raging torment ensues; should the obstruction continue, death is the inevitable consequence.—By this wise adjustment *there is no schism in the body*, no separate or interfering ends are pursued by the members, but the safety and support of each are the one undivided care of all.

Thus should it be among men, and among Christians. There is both a *subordination* of persons, and a *concatenation* of interests; for which reason, a general agreement should take place, and a mutual subserviency to each other's welfare.—The *meanest* have no cause to be dissatisfied with their condition. To acquiesce in the unerring disposal of Providence, and cheerfully to contribute their share to the common good, is alike the duty of all. The *highest* should condescend to men of *low* estate; and maintain a regard to the well-being of the *poorest*, as that which is intimately connected with their own. In a word, *each* should feel a tender concern for all; rejoicing in their happiness, and studying to establish it; sympathizing with their miseries, and endeavouring to heal them.

Wise,—wonderfully wise, and eminently gracious, is the regulation both of *spontaneous* and *involuntary* motion. Were this regulation reversed, what deplorable inconveniencies would take place, nay, what unavoidable ruin must ensue! *Deplorable inconveniencies;* if the discharges of the bowels, or evacuations of the bladder, were quite independent of our leave. *Unavoidable ruin;* if the action of the heart required the co-operation of our thoughts, or the business of respiration waited for the concurrence of our will.

The will, in some cases, has not so much as a single vote. In others, she *determines* and *commands* like an absolute sovereign; nor is there a monarch upon earth so punctually obeyed, as this queen of the human system.

If she but intimate her pleasure, the spirits run, they fly to execute her orders; to stretch the arm, or close the hand; to furrow the brow with frowns, or dimple the cheek with smiles. How *easily* as well as *punctually*, are these orders carried into execution! To turn the screw, or work the lever, is laborious and wearisome. But we move the vertebræ, with all their apparent chambers; we advance the leg, with the whole incumbent body; we rise from our seat; we spring from the ground; and, though much force is exerted, though a very considerable weight is raised, we meet with no difficulty, we complain of no fatigue.

That all this should be effected without any toil, and by a *bare act* of the will, is very surprising. But, that these motions should be made, renewed, continued, even while we remain *entirely* ignorant of the *manner* in which they are performed, is beyond measure astonishing. Who can play even a *single* tune upon the piano, without learning the difference of the keys, or studying the rudiments of music? Impossible! Yet the mind of man touches *every* string of the human machine with the most masterly skill, though she knows nothing at all concerning the nature of her implements, or the process of her operations. We walk, we run, we leap, we throw ourselves into a variety of postures, and perform a multitude of motions, yet are utterly unable to say which nerve should be active; what muscles should swell, or what tendons approximate.

Put a *German* flute into the hand even of a sensible person; without a master to instruct him, he is at a loss to make the instrument speak; much less is he able to sink and soften the sound, to exalt and extend it just as he pleases. Yet we are self-taught in the method of *forming, regulating, and varying the voice.* Naturally, and with unpremeditated fluency, we give it the languishing cadence of sorrow, or the sprightly airs of joy; the low faltering accents of fear, or the elated tone, and rapid sallies of anger. We can never sufficiently admire this multiplicity of animated organs; their finished form and their faultless order. Yet I must confess myself struck with greater admiration at the power, the *truly*

mysterious power and sway which the soul exercises over them. Ten thousand reins are put into her hand; she is not acquainted with their office, their use, or their name; she has not learned so much as to distinguish one from another, nevertheless she manages all, conducts all, without the least perplexity, or the least irregularity; rather with a promptitude, a consistency, and a speed, which nothing else can equal! Since health depends upon such a numerous assemblage of moving organs; since a single secretion stopped, may destroy the salutary state of the fluids, or a single wheel clogged may put an end to the vital motion of the solids; with what holy *fear should we pass the time of our sojourning here below!* trusting, for continual preservation, not merely to our own care, but to that omnipotent hand, which formed the admirable machine: that the same hand which formed it, may superintend its agency, and support its being.

When we consider the extensive contrivance, and delicate mechanism,—what plans of geometry have been laid; what operations of chemistry are performed; in a word, what miracles of art and elegance are executed, in order to furnish us with the necessary recruits, and the several delights of life;—is there not abundant reason to cry out with the inspired writer, "*How dear are thy counsels unto me, O God!* Thy counsels of creating wisdom! thou hast not been sparing, but even lavish of thy indulgent designs. Thou hast omitted no expedient which might establish my ease, enlarge my comforts, and promote, yea complete, my bodily happiness; and is not this a most endearing obligation *to glorify the blessed* GOD *with our bodies, as well as with our spirits?*

The mechanism of our body; the connection and subserviency of all its parts to a common purpose; the exquisite contrivance of its organs, consisting of such various minute vessels, interwoven with wonderful art, have led Anatomists, in all ages, to acknowledge an infinite, wise and powerful MAKER. Among the most precious remains of antiquity, are those commentaries of

Galen, written on the uses of the several parts of the human body, as hymns, and offerings of praise, to the great CREATOR.

Is it, indeed, otherwise conceivable how such consistency and harmony could have taken place in the different parts of our wonderful frame? How they could have been so exactly fitted to each other, and to the exterior objects which have an evident relation to them, and the system they compose? Could the bones, which in all amount to four hundred, and the muscles, which are still more, and are each so well disposed for motion, be adjusted without a superior knowledge in mechanics? The eye, so admirably adapted to light, and appropriated to vision, was it formed without a knowledge of optics? or the ear without the science of sounds? Even our inclinations and passions, those sources of so much apparent ill, are, by the Deity, providentially rendered the means of our preservation, both as individuals and a race; and the selfish and social affections, like centripetal and centrifugal forces, conduct us with proper force, to the end intended by our MAKER to be produced by them. Yet the love of life and all its enjoyments, the fear of death and all its dreadful harbingers, and the social affections and all their endearments, would not have been sufficient security for our carrying on the *vital motions* with that constancy and uniformity necessary to the preservation of life, if thus engaged these motions had depended upon our will and choice. Reason would have deliberated concerning them with too much slowness, and volition would have executed them often with a dangerous and fatal caprice. For, if the heart had been subject to the soul's authority, as much as the voluntary muscles are; if its motions could have been suspended or stopped with the same facility, death would then have cost us no painful pang; and, whenever the body was tortured with disease, and the mind in anguish from grief or disappointment, a remedy so easily applied might have been too frequently resorted to, and yet more unfortunate beings might have rushed uncalled into the presence of HIM who stationed us for the wisest reasons

here on earth. The preservation of life, therefore, greatly depends on our *vital motions* being entirely subject to the wise government of the Author of our lives, who charges HIMSELF with the immediate care of them, and of us. All this, when attentively considered, must affect us with a sense of GOD'S goodness; who, respecting the imbecility of man's nature, hath been pleased, by appetites and passions, to excite him to acts of self-preservation; where the violence of these might have been hurtful, no less than the slowness and instability of reason, hath taken our safety under his more immediate direction. To attribute contrivances like these, and even understanding itself, to unintelligent causes, rather than to the all wise PARENT OF NATURE, seems an incomprehensible perversion of reason and philosophy. That mind must be strongly prepossessed, and bewildered with false science, which rather seeks for the cause of these involuntary motions in dead matter, organization, chance, necessity, something that, without knowledge or power, acts wisely and powerfully, than in the great *Fountain of power, wisdom and animation.*

If chance could be supposed to produce a regular determinate action, yet it is beyond the highest degree of credulity, to suppose it could continue this regularity for any time. But, we find it remains through life, independent of our will; and the same incessant vital actions have been carried on from the commencement of the world. It is thus that the sun's influence upon the earth hath ever been regular. The production of trees, plants, and herbs, hath ever been uniform. Every seed produces now the same fruit it ever did.—Every species of animal life is still the same. Could CHANCE continue *this regular arrangement?*—Could any thing continue it, but the hand of an OMNIPOTENT CREATOR?

The human body is exalted to a most intimate and *personal union* with the eternal SON of GOD. He who decorated the heaven with stars, and crowned the stars with lustre; *He vouchsafed to be made flesh, and was found in fashion as a man.*—Nay, this is even *now* the apparel of that divine and adorable PERSON. He is

clothed with our nature; he wears our very limbs; and appears in the dress of humanity, even at the right hand of GOD, and at the head of all the heavenly hosts.

What think you of another privilege mentioned by the Apostle? "*Your bodies are the temple of the* HOLY GHOST." Not your souls only, but your very bodies, are the shrine in which *the high and* HOLY ONE *that inhabiteth eternity*, condescends to dwell. HE, who sitteth between the cherubim and walketh in the circuit of the skies, is pleased to sanctify these earthly tenements for his own habitation. And is not this a *much grander* embellishment, than all their matchless contrivance, and masterly workmanship?

Nor must I omit the dignity—the transcendant dignity, which is reserved for these systems of flesh at the *resurrection* of the just. They will then be refined and improved into the most perfect state, and the most beauteous form; surpassing whatever is resplendent and amiable in the most ornamental appearances of material nature. They will be purer than the unspotted firmament; brighter than the lustre of the stars; and, which exceeds all parallel, which comprehends all perfection, they will *be made like unto* CHRIST'S *glorious body;* like that incomparably glorious body which the blessed JESUS wears, in his celestial kingdom, and on his triumphant throne.

When we add all these *magnificent prerogatives*, which are revealed in scripture, to all those *inimitable niceties* which are displayed by anatomists, what thankfulness, what admiration can equal such a profusion of favours?

Say, why was man so eminently rais'd
Amid the vast creation, why ordain'd
Through life and death to dart his piercing eye,
With thoughts beyond the limit of his frame;
But that the Omnipotent might send him forth,
In sight of mortal and immortal powers,
As on a boundless theatre, to run

The great career of justice; to exalt
His generous aim to all diviner deeds;
To chace each partial purpose from his breast,
And, through the tossing tide of chance and pain,
To hold his course unfaultering, while the voice
Of Truth and Virtue up the steep ascent
Of nature, call him to his high reward,
The applauding smile of Heaven?

AKENSIDE.

ON HYGIEINE;

OR,

THE ART OF

PRESERVING HEALTH.

Reason's whole pleasure, all the joys of sense,
Lie in three words—Health, Peace, and Competence.
But Health, consists of temperance alone,
And Peace, O Virtue, Peace is all thy own.

POPE.

IN the preceding chapter I have treated of the structure of the Human Body; and even from the cursory analysis there exhibited, the reader must have seen with what propriety it has been called "God's Master Piece." Although so numerous in its parts, so complicate in its arrangement, and so passing delicate as to its materials; yet, I hope, we shall show that by due attention to what are termed the Non-Naturals, by which are meant *air*, *food*, *exercise*, *sleep*, *evacuations and passions*, we shall go far to preserve this fabric in good health from the cradle to the grave. Nay, so wonderful is the body in its resources, I mean its powers of renovation; and so sovereign are the virtues of the Non-Naturals, that thousands are the instances of persons

who after having their health apparently ruined by an *abuse* of them, have on returning to a wise and temperate use, entirely recovered their health, and attained to a most active and happy old age. Hence the reason why mankind are so often sick, is because they so often err in the use of these the appointed preservatives of life and health.

To inculcate this truth more universally, I have introduced these disquisitions on the art of preserving health, and to render them more acceptable to my readers have enlivened them with appropriate illustrations, hoping thereby to make impressions as lasting as they are important.

OF AIR.

THOU cheerful guardian of the ruling year,
Whether thou wanton'st on the Western gale,
Or shak'st the rigid pinions of the North,
Diffusest life and vigour through the tracts
Of air, thro' earth and ocean's deep domain.
Without thy cheerful active energy
No rapture swells the breast, no poet sings,
No more the Maids of Helicon delight.
Come then with me, O Goddess heavenly gay!
Begin the song; and let it sweetly flow,
And let it sweetly teach thy wholesome laws;
"How best the fickle fabric to support
"Of mortal man; in healthy body how
"A healthful mind the longest to maintain."

ARMSTRONG.

As soon as an infant enters the world, the air rushes into its lungs, the circulation of the blood through that organ commences, and its life from that moment depends "*on the breath that is in its nostrils*," which is incessantly taken in and thrown out of the lungs. While the child remained in the womb, it required no external

air, because it existed in the blood which was received from its mother through the umbilical cord, or navel string. But as soon as the infant is born, the air is inhaled and the circulation is determined through the lungs, which ever after continues in *that way*—and hence the necessity of breathing, which can never cease but with life.

Since then air is the main instrument of vitality, both to man and all creatures, it certainly must be a most pleasing and profitable study to acquire correct ideas of this great element.

By the unlettered part of mankind, the vast atmosphere which surrounds our globe, to the depth of two and thirty miles, is supposed to be one simple, colourless, invisible mass, without any essential difference of qualities, and without weight. But it is a gross mistake; for instead of being a simple uniform element, it is composed of several parts, some of which are widely different from each other. We have, too, numberless proofs of its weight; like other bodies it falls to the earth, and is more dense as it approaches its centre. Every one knows that air on the tops of high mountains is much thinner than it is below in the valleys. But the weight of air is susceptible of demonstration by positive experiment.

Having exhausted the air out of a thin glass flask, and suspended it at one end of a balance, which being nicely counterpoised by weights in the other scale; this done, admit the air into the flask, into which it will rush with a noise, and though the flask was balanced before, it will now, upon admission of the air, preponderate. If the flask holds a quart, it will be found that the weight of the air it now contains, is about seventeen grains above what it was when empty, so that a quart of air weighs about seventeen grains.

We will mention another experiment, which is easily put into practice. Some water being poured into a saucer, burn a bit of paper in a tea-cup, which by rarifying, will exhaust and make a vacuum in the cup. Then while the paper is yet burning, turn it hastily down,

paper and all, into the saucer, and the air without will press the water up from the saucer into the cup. The water will stand within the cup in a column; and if the cup were thirty-two feet high, and the air within it perfectly exhausted, the water would rise to that height in it, as we have said before. This satisfactorily accounts for the rising of water in pumps, or the standing of the quicksilver in the barometer.

If further proof is necessary to show the weight of that great ocean of air, which constantly surrounds us, let a man take a thick glass tube, such as is put over lamps, and place it upright on a table that has a small hole in it for an air pump. Then let him place his hand closely over the top of the tube, while a friend with the pump extracts the air, and he shall find that as the air on the inside is removed, the air on the outside will press his hand down with much violence. Nor will he be surprised at this pressure of the air, when he comes to learn, that a column or pillar of air of only one inch diameter, and thirty-two miles high, (which is the depth of the atmosphere from its top above the clouds to the ground), weighs about fourteen pounds. If the hand of the person which covers the top of the tube, measure ten inches square, the pressure on it will be about one hundred and forty pounds—sufficient in all conscience to crush every bone in the hand. By the same token, a square foot of such a column of air would weigh near two thousand pounds, and as a common sized man measures about fourteen square feet, it is a fact, as curious as it is awful, that every such person bears constantly on his body a weight of fourteen tons, or twenty-eight thousand pounds of air. Some persons may doubt this, from the conclusion that such a weight would crush every man to pieces. So it would, if it were to press solely on any particular part. But this conclusion instantly falls to the ground, when it is recollected, that this pressure of the air is uniform and equal all around him, the air pressing as strongly from below as from above; from one side as from another; thus causing the various pressures most exactly and admirably to coun-

terpoise each other; of this we see a wonderful instance in the case of fishes in the ocean. One of these animals at a great depth under water, would be crushed to atoms, if all that heavy element pressed only on his back. But the GOD who made him has so kindly attended to his safety, as to cause the water that surrounds him from below to press upwards as strongly as that from above to press downwards. There is another reason why our bodies are not so sensible of the tremendous weight of air, which thirty-two miles deep presses upon us; it is simply this, all bodies are full of air; and the air within pressing against that without, preserves even the most delicate bodies uninjured. A bladder, or even a bag of oiled paper, if filled with water, remains perfectly unhurt, though a hundred fathoms below the surface of the sea; because the water within furnishes a full resistance to the water without. But take away this resistance from within, and you shall find that the slightest pressure will bring the two sides together.

According to the late discoveries in Chemistry, the atmosphere consists of *three* different species of air—namely, pure, respirable, or dephlogisticated air; azotic, or phlogisticated air; and fixed, or carbonic acid air.

The proportion of the first, namely, pure or vital air, consists according to the French Chemists, who have given it the name of *Oxygen*, of 27 or 28 in the hundred parts; the second, the *Azote* of the French, of 72 or 73 in the hundred; and the third, namely, the *Carbonic acid air*, of about one part only in the hundred.

Oxygen is much better adapted to the respiration of animals than common atmospheric air. If two animals be enclosed in vessels, one of which contains pure *Oxygen*, and the other common atmospheric air, in proportions equal to the size of the animals, the former in the *Oxygen* will be found to live six or seven times as long as the latter in common air. It is properly this Oxygen which we inspire, and which is the grand support of animal life. Persons apparently dead, or in a state of suffocation, have been instantly restored to life, by its influ-

ence, and from the corresponding testimony of several respectable physicians, it appears to have been employed with advantage in many obstinate diseases. The celebrated Ingenhouz, therefore, gave it the name of *vital air*. It promotes combustion in a very high degree. A candle will burn in it from six to seven times longer than in common air, with a much greater degree of heat, and a more brilliant flame. Bodies in a glowing state are immediately inflamed, when put into Oxygen gas; and even metals, which are not very fusible, are melted in it with the greatest facility.

Azote, by others called phlogisticated, mephitic, corrupted, or suffocative air, is absolutely unrespirable, and not miscible with water. It arises from the change which atmospherical air undergoes in every process of combustion, putrefaction and respiration, whether produced by nature or art.

Azote enters into no combination with water, but may be rendered less hurtful by shaking it with that fluid. This accounts in some measure for the salubrity of the sea-air. It greatly promotes the growth of plants, and readily accumulates in apartments filled with people, or containing articles fresh painted with oil colours, or in which strongly fragrant flowers are kept without having any accession of fresh air. We should be extremely cautious in entering such places, as diseases of the breast and lungs are too frequently the consequence of neglect, or ignorance.

The *Carbonic acid air*, or *fixed air*, is miscible with water, but in its pure state is equally unrespirable as the Azote. It derives its origin, partly from the vinous fermentation of vegetables and some animal substances, and partly from the mild alkaline salts and earths combined with acid. Much of this air abounds in mines, where it frequently distresses the workmen by its suffocating effect. It is also observed in most mineral waters, where a stratum of it sometimes floats upon the surface of the well. These waters, as well as fermented liquors

which contain a considerable portion of fixed air, receive from it that well known pungency so agreeable to the palate. Hence flat and spoiled beer or wine, may be corrected and restored to its former briskness, by the addition of fixed air evolved from chalk and vitriolic acid; or by mixing it with new beer, or wine in a state of fermentation.

As this species of air quickly extinguishes fire, animals cannot live in it.

These three aerial bodies, though blended together, arrange themselves, in some degree, according to their specific gravities; that is, the proportion of *azotic air*, which is the lighter body of the three, will be found most in the *upper part*, the *oxygen air* in the middle, and the *fixed air* will be found most in the *lower part* of the apartment. This occasions a circulation in the air, the *rarified air* will ascend, the *fixed air* sink, and the *colder* and *purer air* rush into the apartment through every crevice. To render the circulation of the air plain to sense, if the air of a room be heated by a fire, whilst the air in the next room is cold, and the door between opened, the *hot air* of one room being rarified, will pass through the *upper part* of the opening of the door into the cold room; and on the contrary, the *cold air* of the other room being heavier, will pass into the former through the *lower part* of the opening. This may be proved, by applying a candle at the *upper* and *lower* openings between the two rooms. The direction of the flame of the candle will point out the *contrary currents of air*. It is for this reason, that when a fire is lighted in a chimney, a strong current of air enters the room, which may be felt by applying the hand near the key-hole, or other small openings, if the door and windows be shut. A fire is said to purify a room; but this it does partly by drying the dampness of the room, and chiefly by promoting the circulation of the air. The fire does not perform such service by purifying the bad air, but by removing it, and substituting that which is fresh and wholesome. Hence it appears that those persons are

mistaken, who are over anxious in keeping out the air from entering the apartments of convalescent persons, by accurately stopping, *by list*, *linings* and *sand bags*, *all the smallest openings that admit fresh air*.

Unless the air were constantly renewed, persons would be exposed to the most fatal accidents in large assemblies, or crowded rooms.

A rout was lately given at a celebrated Bathing-place, or springs. The room was small and the company very numerous. They had not been long seated at the card-tables, before a young gentleman and lady, both in delicate health, fell into a swoon. The doors and windows were immediately thrown open, to afford fresh air, which quickly dissipated the alarm, by reviving the young invalids. A physician who was present telling one of his medical companions how severely he himself had suffered from the air of that *vile oven*, and that he had made up his mind to write a bitter philippic against *Routs*, was archly answered by his friend, "let them alone Doctor, how *otherwise* should twenty-six physicians of us subsist in this place?"

As a further illustration of the above reasoning, take a room thirty feet by twenty-five, and thirty feet high; capable of containing one hundred persons. Now since each person consumes about five cubic feet of air in an hour, that is, deprives such a quantity of air of its oxygen, or *vital principle*, it would follow, that, as such a room could contain only twenty-two thousand five hundred cubic feet of air, unless the air was constantly renewed, it would be rendered completely mephitic or noxious in about *four hours and a half*, and it is probable that the greater part of the company would be seriously incommoded, or even perish long before that time.

The following affecting narrative is a melancholy confirmation of this fact. In the summer of 1756, the British settlement of Calcutta in India, was attacked by the natives under the Viceroy Rajah Doulah, a young man of the most violent passions, and without the least sense of honour and humanity. After a most obstinate

resistance, the little garrison surrendered themselves prisoners of war, on a solemn promise from the Rajah of the most honourable treatment. But no sooner had the monster got them in his power, than utterly regardless of what was due to honour, to humanity, and to a brave enemy, he barbarously drove them all into a dark shallow vault under ground, called *the black hole*, only eighteen feet square. The number of the unfortunate men thus cruelly immured, was one hundred and forty-six, with their gallant commander, Colonel Holwell, the historian of the following tragedy. The humane reader may form some idea of one hundred and forty-six poor fellows, many of them badly wounded and bleeding, and all worn out with the fatigue, and covered with the dust and sweat of a hard day's fighting, crammed and crowded together on a *hot sultry* evening, into a small dirty hole, eighteen feet square, with only two little windows, and those obstructed by strong iron bars.

A *profuse sweat* quickly broke out on every individual, attended with an *insatiable thirst*, which became the more intolerable, as the body was drained of its moisture. It was in vain that they stripped off their clothes, or fanned themselves with their hats.

A *difficulty in breathing* was next observed, and every one panted for breath. Colonel Holwell, who was placed at one of the windows, called to the sergeant of the guard, and after striving to excite his compassion by drawing a pathetic picture of their sufferings, promised him a thousand rupees in the morning, provided he could find means to remove some of his people into another place of confinement. The sergeant, allured by the promise of so mighty a reward, assured him he would use his utmost endeavours, and retired for that purpose.

What must have been the impatience at this time of these unfortunate objects?

In a few moments the sergeant returned, but in the chilling language of disappointment, told them that the viceroy was asleep, and no man durst disturb his repose!

The despair of the prisoners now became outrageous. They endeavoured to force open the door, that they might rush on the swords of the monsters, by whom they were surrounded, and who derided their sufferings; but all their efforts proved ineffectual. They then used execrations and abuse to provoke the guard to fire upon them.

The captain of the guard was at length moved to compassion. He ordered his soldiers to bring some skins containing *water*, which by enraging the appetite, only served to increase the general agitation. There was no other way of conveying it through the windows, but by hats; and this mode proved ineffectual, from the eagerness of the wretched prisoners, who struggled for it in fits of delirium—The cry of *water! water!* issued from every mouth. The consequence of this eagerness was, that very little fell to the lot even of those who stood nearest the window; and the most fortunate, instead of finding their thirst assuaged, grew more impatient.

The confusion soon became general and horrid; all was clamour and contest; those who were at a distance, endeavoured to force their passage to the window, and the weak were pressed down to the ground, never to rise again.

Colonel Holwell observing now his dearest friends in the agonies of death, or dead, and inhumanly trampled on by the living, finding himself wedged up so closely as to be deprived of all motion, begged, as the last mark of their regard, that they would for one moment remove the pressure, and allow him to retire from the window, and die in quiet.

Even in such dreadful circumstances, which might be supposed to have levelled all distinction, the poor delirious wretches manifested a respect to his rank and character; they immediately gave way, and he forced his passage into the centre of the place, which was less crowded, because, by this time, about one third of the number had perished, while the rest still pressed to both windows. He retired to a platform at the farther end of the room, and lying down upon some of his dead

friends, recommended his soul to the mercy of its Creator.

Here his *thirst* grew insupportable; his difficulty in breathing increased; and he was seized with a strong palpitation at the heart.

These violent symptoms, which he could not bear, urged him to make another effort: he forced his way back to the window; and cried aloud, "*Water! For God's sake, a little water!*"

He had been supposed already dead by his wretched companions, but finding him still alive, they exhibited another extraordinary proof of regard to his person: "Give him water," they cried; nor would one of them attempt to touch it, until he had drank. He now breathed more freely, and the palpitation ceased; but finding himself still more thirsty after drinking, he abstained from water, and moistened his mouth, from time to time, by sucking the *perspiration* from his shirt sleeves, which tasted soft, pleasant, and refreshing.

The miserable prisoners now began to perceive that it was *air*, and not *water* that they wanted. They dropt fast on all sides, and a strong steam arose from the bodies of the living and the dead, as pungent and volatile as hartshorn.

Colonel Holwell being weary of life, retired once more to the platform, and stretched himself by the Rev. Mr. Bellamy, who, together with his son, a young lieutenant, lay dead, locked in each other's arms.

In this situation he was soon deprived of sense, and seemed to all appearance dead, when he was removed by his surviving friends to one of the windows, where the fresh air brought him back to life. The Rajah being at last informed that the greater part of the prisoners were *suffocated*, enquired if the Chief were alive, and being answered in the affirmative, sent an order for their release, when no more than *twenty-three survived*, of one hundred and forty-six, who entered into this prison.

How many melancholy instances of a similar kind have occurred on board of vessels engaged in that most abominable and diabolical traffic, the slave trade.

My soul is sick with every day's report
Of wrong and outrage with which earth is filled:
There is no yielding flesh in man's hard heart,
It does not feel for man. The nat'ral bond
Of brotherhood is sever'd, as the flax
That falls asunder at the touch of fire.
He finds his fellow *guilty* of a *skin*
Not coloured like *his own;* and having power
To enforce the wrong, for such a *worthy cause*,
Dooms and devotes him as a lawful prey.
Thus man devotes his brother;
And, worse than all, and most to be deplored,
As human nature's broadest, foulest blot,
Chains him, and tasks him, and exacts his sweat
With stripes, that mercy with a bleeding heart
Weeps when she sees inflicted on a beast.
Then what is man? and what man seeing this,
And having human feelings, does not blush
And hang his head, to think himself a man?
I would not have a slave to till my ground,
To carry me, to fan me while I sleep,
And *tremble* when I wake, for all the wealth
That sinews bought and sold have ever earned.

COWPER.

To mention no other fact, a strong proof of the necessity of the frequent renewal of air may be found in the records of the Dublin lying-in hospital.

In this hospital two thousand nine hundred and forty-four infants out of seven thousand six hundred and fifty, died in the year 1782, within the first fortnight after their birth, which is nearly every third child! They al-

most all died in convulsions, or what the nurses call *nine days fits*, because they came on nine days after their birth. Many of these children foamed at their mouths, their thumbs were drawn into the palms of their hands, the jaws were locked, the face was swelled, and looked blue, as though they were choked. This last circumstance led Dr. Clark to conclude that the rooms were too close and crowded. That benevolent physician contrived therefore air-pipes, by which the rooms were completely ventilated. The consequence was, a prodigious decrease in the mortality. It is almost unnecessary to mention the frequent and sudden deaths that have taken place from entering deep wells, cellars, and other confined places.

A baker of Chartres, going down into a deep cellar with his son, carrying a candle, on getting near the foot of the stairs, fell dead. Instantly the candle went out, and the son crying for help, fell down also. His brother running down after him, presently called out for help, and was heard no more. His mother followed next, and then a maid, both of whom perished. An alarm being excited, the house was presently filled with the neighbours, four of whom, one after the other, went down, and all died. The physicians ordered large quantities of fresh water to be thrown into the cellar. A dog and a lighted candle were then let down, without injury to either, and the dead bodies in the cellar were taken out.

Three poor men at Denton, Maryland, having nearly completed a deep well, quitted their work to go home to keep the *Holy-days*. However, before they left the well, they covered the mouth of it closely. Carbonic acid gas settled at the bottom of it.—After some time the unlucky well diggers returned, and opening the well, very unsuspiciously let themselves down to their work. Two out of the three perished at the bottom—the other saved himself only by not going down.

Lime-kilns throwing off large quantities of fixed air, are extremely dangerous.

A couple of disorderly young women after rambling a greater part of the night, crept, early in the morning, into a little hovel, contiguous to a *lime-kiln*, and fell asleep. The kiln being in high blast, diffused a portion of vapour through the crevices into the hovel, but the poor wretches were too sound asleep to be awaked. After some hours, the man who had the care of the kiln, coming to look after his work, finding these women asleep endeavoured to awake them, but *in vain!* They were taken immediately to the hospital. The one first conveyed recovered, but the other perished.

There is another species of mephitic air, which burns with a bright flame, and, if mixed with common air, instantly catches fire and explodes; hence it has received the name of "inflammable air."

Mines and coal-pits are frequently infested with this gas, which being ten times lighter than common air, ascends to the upper region of the mine; and is called Fire-damp. To discharge this, the miners are in the habit of crawling on their hands and feet, and with a taper affixed to a long stick, set fire to it, which is succeeded by a terrible, and sometimes fatal explosion.—This air is often generated in the stomach and bowels of animals both living and dead. A lighted candle held near, has often caused it to take fire.

Bartholine relates the case of a person, who having drank a large quantity of brandy for a wager, died, after an eruption of a flame of fire had first issued from his mouth.

The inflammable woman of Coventry, as described by Mr. Wilmer, appears also to have reduced herself by *dram drinking*, to such a state, as to be capable of being set on fire, and burning away like a match: so eager, says the learned Dr. Beddoes, were the principles of which she was composed, to combine with *Oxygen*.

An instance of the same kind occurred at Christ's church, in Hampshire. One John Hitchell, a carpenter, of that parish, a great drunkard, having ended his day's work, came home and went to bed. His wife found him dead before morning at her side. He felt so extremely hot, that it was impossible to touch him. He lay burning for *three days;* nor was there any appearance of flame outwardly, but only a smoke or mist ascending from his mouth till he was consumed.

The *Russians* and *Germans* are frequently exposed to fainting during their cold season, from the *noxious* air of their stoves, and want of due ventilation. As soon as a person is discovered in this state, without sense and motion, he is instantly carried into the open air, and being stript, is rubbed very briskly with snow, or cold water, which generally recovers him, if breathing has not been suspended above an hour. Faintings, or suffocations from the fumes of charcoal, are commonly cured by cold water thrown on the patient.

As the mass of atmospheric air is incessantly corrupted by the respiration of men and animals, by the burning of so many natural and artificial fires, by the dissolution and putrefaction of innumerable substances, and by various other phlogistic or disoxygenating processes, it would at length become altogether incompetent for its original designation, if the all benevolent *Creator* had not provided effectual means for its improvement and renovation. Among the most powerful of these is the vegetation of plants. For this very important discovery, we are indebted to Dr. Priestley, who was so fortunate as to make it after he had long employed many fruitless attempts to correct impure air by artificial means. He found that air rendered deleterious by the breathing of animals, which had died in it, was again so completely restored by the vegetation of plants, that after the lapse of some days, an animal could live in it with equal ease, and for the same length of time, as before.

The ingenious philosopher, Dr. Ingenhouz, remark-

ed, first, That most plants have the property of correcting bad air within a few hours, when they are exposed to the *light of the sun;* but that, on the contrary, *during the night*, or in the shade, they corrupt the air: second, That plants from their own substance afford a very pure air, or *oxygen*, when exposed to the rays of the sun; but a very impure air, or *azote*, at night, or in the shade: third, That not all parts of plants, but only the green stalks of leaves, produce this beneficial effect: fourth, That the disengagement of pure or vital air does not commence until the sun has been some time above the horizon, that it ceases altogether with the termination of day-light; and that the disadvantage arising from the impure exhalations of plants, during the night, is far exceeded by the great advantage they afford during the day; insomuch, that the impure air generated by a plant during the whole night, scarcely amounts to a hundredth part of the pure vital air, or oxygen, exhaled from the same plant in two hours of a serene day. Thus, the atmosphere is constantly preserved in that state of purity, which is the most salutary both to animals and vegetables.

As the vegetable kingdom is renewed in Spring, and as vegetation in general is most lively in that season, there can be little doubt, that the pure vital air is then most copiously evolved by means of the light and heat of the sun. Hence it follows that the air of Spring is more wholesome than that of Autumn, which is saturated with impure particles. The cold, however, and the frequent winds which prevail at a more advanced period, prove extremely efficacious in counteracting the baneful effects of corruption and putrefaction.

All *strongly scented bodies* are more or less pernicious; not only those of a fœtid, but even those of a fragrant smell. The latter, if too strong, are particularly dangerous, as a sense of disgust does not naturally incline us to avoid them. Hence people who carry large nosegays in the hot days of summer, or sleep in rooms decorated with flowers, are apt to feel themselves affect-

ed with head-aches, vertigoes, fainting fits, and even apoplexies have been produced in persons of a plethoric habit.

The smell of roses, how pleasing soever to most persons, is not only odious, but almost deadly to others. A gentleman has been known to fall into a swoon upon the smell of a rose. And Laurientus, Bishop of Uratislavia, was killed by the smell of this delightful flower.

I knew a stout soldier, saith Donatus, who was never able to bear the smell or sight of the herb rue, but would evermore betake himself to flight at his first notice of its presence.

Zacutus Lusitanus tells us of a fisherman, who, having spent his life at sea, and coming accidentally to the reception of the king of Portugal in a maritime town, where perfumes were burnt, was thereby thrown into a fit, judged apoplectic by two physicians, who treated him accordingly; till three days after the king's physician guessing the cause, ordered him to be removed to the sea-side, and there to be covered with sea-weed, which soon recovered him.

Warm air relaxes the body, and occasions a quicker circulation of the fluids: hence the tender and infirm suffer severely in hot weather; hence arise hysteric and hypochondriac complaints, convulsions and diarrhœas. *Cold* renders bodies more compact, the appetite stronger, and digestion easier and quicker. On the contrary, the resistance of the fluid parts becomes so great, that even the increased powers of the solids cannot overcome it, if the cold be too violent. In winter the blood is much disposed to inflammations: hence stitches in the side, inflammatory sore throats, rheumatisms, &c. In persons who take little exercise, the fluids are apt to stagnate, and the solids to chill during the winter; upon the whole, however, the effects of cold weather may be rendered less hurtful, and even salutary to the body, if proper exercise be not neglected.

Damp or Moist Air suddenly relaxes and debilitates, retarding the circulation, checking the perspiration, and depressing the spirits. If damp air be accompanied with cold, it tends, by obstructing the perspiration, to throw the retained humours on the breast, throat, stomach, bowels, &c. occasioning sore throats, pleurisies, sick stomach, diarrhœas, &c. If damp air be accompanied with heat, it is still worse, by opening the pores, through which the moisture penetrates into the body, and predisposes every part of it to putrefaction and dissolution. This accounts for the great mortality prevalent during the hot season at Batavia, and some of the West India islands.

Dry and Cool Air, from its elasticity, promotes, in an extraordinary manner, the serenity and alertness of mind and body; and is therefore most agreeable and salubrious both to the healthy and infirm.

Too sudden a transition from warm to cold air, or the reverse, is pernicious. But none have ever complained on leaving, however suddenly, the sickly air of the town, for the dry, pure, temperate air of the country.—After all, the surest sign of good air in any place, is the longevity of its inhabitants.

The most certain marks by which to distinguish whether the air in rooms be damp or not, are the following: the walls or tapestry change their colour; bread acquires a mouldy surface; sponges in the rooms retain their moisture; loaf-sugar turns soft; iron rusts; brass and copper acquire a green colour, and wooden furniture moulders and crumbles to pieces.

In cities the sitting rooms ought if possible to be above the ground floor, or on the second story, well ventilated by convenient doors and windows. And as to the bedrooms, they ought assuredly to be on the most elevated stories in the house, that they may be as far removed as possible from that mass of azote, or deadly air, which is so copiously generated in large towns, and which naturally settles near the ground.

Dr. Caldwell, lecturing on this subject, states that it

was on this principle he was induced, contrary to the remonstrances of his family and friends, to keep his son in the third story of his house, during a very sickly season in Philadelphia, and adds that he could not avoid being sensibly struck with its happy effects in preserving his health. And I am convinced the excellent health which my family enjoyed during eight or nine years' residence in Savannah, was greatly owing to sleeping in large well aired chambers, three stories from the ground.

The airing of apartments should not be neglected, even in winter, as fires alone are not sufficient to carry off the corrupted air. If possible, we should not sit through the day in a room in which we have slept; as the bed clothes, and particularly feather beds, very slowly part with the exhalations they have imbibed during the night. It farther deserves to be remarked, that all damp vapours are prejudicial, hence the keeping of wet clothes in dwelling rooms, should by all means be carefully avoided.

OF FOOD.

For this the watchful appetite was given,
Daily with fresh materials to repair
This unavoidable expense of life,
This necessary waste of flesh and blood.
Hence the concoctive powers, with various art,
Subdue the cruder aliments to chyle;
The chyle to blood; the foamy purple tide
To liquors, which through finer arteries
To different parts their winding course pursue;
To try new changes, and new forms put on,
Or for the public, or some private use.

ARMSTRONG.

NATURE not only points out the *Food* fit for infancy, but also kindly prepares it. When the babe, just born

into this cold world, is applied to its mother's bosom, its sense of perceiving warmth is first agreeably affected; next its sense of smell is delighted with the odour of the milk; then its taste is gratified by the flavour of it; afterwards the appetites of hunger and of thirst afford pleasure by the possession of their objects, and by the subsequent digestion of the aliment; and lastly, the sense of touch is delighted by the softness and smoothness of the milky fountain, which the innocent embraces with its hands, presses with its lips, and watches with its eyes. Satisfied, it smiles at the enjoyment of such a variety of pleasures. It feels an animal attraction, which is love; a gratification when the object is present, a desire when it is absent, which constitutes the purest source of human felicity, the cordial drop in the otherwise vapid cup of life, which overpays the fond mother for all her solicitudes and cares.

Lo! at the couch where infant beauty sleeps,
Her silent watch the mournful mother keeps;
She, while the lovely babe unconscious lies,
Smiles on her slumb'ring child with pensive eyes,
And weaves a song of melancholy joy.—

CAMPBELL.

A parent who abandons the fruit of her womb as soon as it is born, to the sole care of an hireling, hardly deserves that tender appellation. Nothing can be so preposterous and unnatural, as a mother abandoning the care of her child. If we search Nature throughout, we cannot find a parallel. Every other animal is the nurse of its own offspring, which thrives accordingly.

Connubial fair! whom no fond transport warms,
To lull your infant in maternal arms;
Who, blest in vain with tumid bosom, hear
His tender wailing with unfeeling ear;

The soothing kiss, and milky rill deny
To the sweet pouting lip, and glist'ning eye!
Ah! what avails the cradle's damask roof,
The eider bolster, and embroider'd woof!
Oft hears the gilded coach, unpity'd plains;
And many a tear the tasseled cushion stains!
No voice so sweet attunes *his cares* to rest,
So soft no pillow, as his mother's breast!

DARWIN.

It is in infancy and early age, that the foundation is laid for the many diseases arising from indigestion, which are now found in almost every family. If children are fed immoderately, the first passages become too much distended, and the stomach by degrees acquires an unnatural craving for food, which must be satisfied, whatever be the consequence. These excessive supplies not only are unnecessary, but produce the most serious and fatal disorders. There is a certain relation subsisting between what is taken in, and what is lost by the body; if we eat and drink much, we likewise lose much, without gaining any more by it than we might do by moderate meals. Eating too little retards the growth, and eventually diminishes the digestive power of the stomach. Nature is easily satisfied, and is always best provided if we do not obtrude upon her more than she is accustomed to. If we have for some time, taken little nourishment, nature becomes so habituated to it, that we feel indisposed as soon as the usual measure is transgressed; and both the stomach and its digestive powers are thereby impaired.

It would be impossible to lay down fixed rules, whereby to determine the salubrity or insalubrity of aliments, with respect to the individual.

Experience is indeed our chief guide upon this subject; for such is the peculiarity of constitutions, that the same article which will nourish and perfectly agree with

one person, would prove highly pernicious to another. Let us, therefore, in the selection of our food, adopt that which long and careful observation has confirmed to be salutary, and to avoid those things, however tempting to the palate, which we know to be injurious.

There are, however, articles of diet obviously improper to every one, which though they may not manifest their ill effects immediately, yet, nevertheless, undermine and break down by gradual operation, the vigour of our systems, and entail upon us with certainty a train of chronic disorders, of all others the most troublesome and difficult to cure. The articles of this description are all high seasoned dishes, and those which are composed of a great variety of ingredients. People in health require no excitement to the relish of good and wholesome meat, and to those in the opposite state, the luxuries of the table are poison.

It is an old saying, "that good laws have their original from the bad manners and evil way of living in that people for whom they are made." From which we may conclude that the Romans were a people exceedingly addicted to all kind of luxury, in as much as they enacted so many laws to repress their proneness to the practice of this vice.

Yet all these were ineffectual; for, according as their riches increased, so did their inclinations grow this way, till at last, in a monstrous sensuality, they extinguished even the last remains of their primitive virtue. This example hath since been followed to a pernicious extent in every civilized country.

The sad effects of luxury are these;
We drink our poison, and we eat disease.
Not so, O Temperance bland; when ruled by thee,
The brute 's obedient, and the man is free:
Soft are his slumbers, balmy is his rest,
His veins not boiling from the midnight feast.

'Tis to thy rules, bright Temperance! we owe
All pleasures which from strength and health can flow;
Vigour of body, purity of mind,
Unclouded reason, sentiments refin'd;
Unmix'd, untainted joys, without remorse,
The intemperate sensualist's never failing curse.

DODD.

There are three kinds of *appetite:* first, The *natural* appetite, which is equally stimulated and satisfied with the most simple dish as with the most palatable: second, The *artificial* appetite, or that excited by bitters, spirits, pickles, and other condiments, which remains only as long as the operation of these stimulants continues: third, The *habitual* appetite, or that by which we accustom ourselves to take victuals at certain hours, and frequently without any appetite. Longing for a particular food is likewise a kind of false appetite.

By the *true* and *healthy* appetite alone, can we ascertain the quantity of aliment proper for the individual. If in that state we no longer relish a common dish, it is a certain criterion of its disagreeing with our digestive organs. If after dinner we feel ourselves as cheerful as before it, we may be assured that we have taken a proper meal; for if the proper measure be exceeded, torpor will ensue, with indigestion, and a variety of unpleasant complaints.

The stomach being too much distended by frequent indulgence, will not rest satisfied with the former quantity of food; its avidity will increase with excess, and temperance alone can reduce it to its natural state, and restore its elasticity. Fulness of blood and corpulency, are the disagreeable effects of gluttony; which progressively relaxes the stomach, and punishes the offender with headach, fever, diarrhœa, and sometimes sudden death.

When the tir'd glutton labours through a treat,
He finds no relish in the sweetest meat.

Then hear what blessings *Temperance* can bring,
(Those blessings, only, form my cause to sing)
First *Health*—the stomach cramm'd from every dish,
A tomb of roast and boil'd, of flesh and fish,
Where *bile* and *wind*, and *phlegm* and *acid* jar,
And all the man is one intestine war,
Remembers well the school-boy's simple fare,
The temperate sleeps, and spirits light as air.

POPE.

King Hardicanute, as Harold his brother for his swiftness was surnamed Harefoot, so he for his intemperance in diet might have been surnamed Swinesmouth; for his tables were spread every day four times, and furnished with all kinds of curious dishes, as delighting in nothing but gormandizing and swilling.—But he had soon the reward of his intemperance; for in a solemn assembly and banquet at Lambeth, revelling and carousing, he suddenly fell down without speech or breath, after he had reigned only two years.

It was a maxim of Socrates, "that we ought to eat and drink to live, and not to live in order to eat and drink." Something may be said in favour of those whom disease has brought to a canine appetite; but nothing in behalf of those gluttons, whose paunches have been so immeasurably distended by a beastial custom, and an inordinate desire to gratify their own sensuality. Sensual enjoyment, when it becomes habitual, loses its relish, and is converted into a burden. Temperance in meat, drink, and pleasures, is the great support of nature. It is the preservation of the dominion of soul over sense, of reason over passion. The want of it destroys health, fortune and conscience.

Chremes, of Greece, though a young man, was very infirm and sickly, through a course of luxury and in-

temperance, and subject to those strange sorts of fits which are called trances. In one of these, he thought that a philosopher came to sup with him; who, out of all the dishes served up at the table, would only eat of one, and that the most simple: yet his conversation was sprightly, his knowledge great, his countenance cheerful, and his constitution strong. When the philosopher took his leave, he invited Chremes to sup with him at a house in the neighbourhood: this also took place in his imagination, and he thought he was received with the most polite and affectionate tokens of friendship, but was greatly surprised, when supper came up, to find nothing but milk and honey, and a few roots dressed up in the plainest manner, to which cheerfulness and good sense were the only sauces. As Chremes was unused to this kind of diet, and could not eat, the philosopher ordered another table to be spread more to his taste; and immediately there succeeded a banquet, composed of the most artificial dishes that luxury could invent, with great plenty and variety of the richest and most intoxicating wines. These, too, were accompanied by damsels of the most bewitching beauty. And now Chremes gave a loose to his appetites, and every thing he tasted raised ecstasies beyond what he had ever known. During the repast, the damsels sung and danced to entertain him; their charms enchanted the enraptured guest, already heated with what he had drunk; his senses were lost in ecstatic confusion; every thing around him seemed Elysium, and he was upon the point of indulging the most boundless freedom, when, lo! on a sudden, their beauty, which was but a visor, fell off, and discovered to his view forms the most hideous and forbidding imaginable. Lust, revenge, folly, murder, meagre poverty and frantic despair, now appeared in their most odious shapes, and the place instantly became the direst scene of misery and desolation. How often did Chremes wish himself far distant from such diabolical company! and how dread the fatal consequences which threatened him on every side! His blood ran chill to his heart; his knees smote against each other with fear, and joy and rapture were

turned into astonishment and horror. When the philosopher perceived that this scene had made a sufficient impression on his guest, he thus addressed him: "Know, Chremes, it is I, it is Æsculapius, who has thus entertained you; and what you have here beheld is the true image of the deceitfulness and misery inseparable from luxury and intemperance. Would you be happy, be temperate. Temperance is the parent of health, virtue, wisdom, plenty, and of every thing that can render you happy in this world, or the world to come. It is, indeed, the true luxury of life; for, without it, life cannot be enjoyed." This said, he disappeared; and Chremes, awaking, and instructed by the vision, altered his course of life, became frugal, temperate, industrious; and by that means so mended his health and estate, that he lived without pain, to a very old age, and was esteemed one of the richest, best, and wisest men in Greece.

Such is the beautiful moral drawn by the pen of elegant and instructive fiction; with which, if there be any mind so insensible as not to be properly affected, let us only turn to that striking reality presented to us in the case of Lewis Cornaro. This gentleman was a Venetian of noble extraction, and memorable for having lived to an extreme old age; for he was above a hundred years old at the time of his death, which happened at Padua, in the year 1565. Amongst other little performances, he left behind him a piece entitled, "Of the advantages of a Temperate Life," of which we will here give our readers some account; not only because it will very well illustrate the life and character of the author, but may possibly be of use to those who take the *summum bonum*, or chief good of life, to consist in good eating. He was moved, it seems, to compose this little piece at the request and for the benefit of some ingenious young men, for whom he had a regard; and who, having long since lost their parents, and seeing him, then eighty-one years old, in a fine, florid state of health, were desirous to know of him what it was that enabled him to preserve, as he did, a sound mind in a sound body, to so extreme an age. He describes to them, there-

fore, his whole manner of living, and the regimen he had always pursued, and was then pursuing. He tells them that, when he was young, he was very intemperate; that his intemperance had brought upon him many and grievous disorders; that, from the thirty-fifth to the fortieth year of his age, he spent his nights and days in the utmost anxiety and pain; and that, in short, his life was grown a burthen to him. The physicians, however, as he relates, notwithstanding all the vain and fruitless efforts which they had made to restore his health, told him that there was one method still remaining, which had never been tried, but which, if they could but prevail with him to use with perseverance, might free him, in time, from all his complaints; and that was a temperate and regular way of living. They added, moreover, that, unless he resolved to apply instantly to it, his case would soon become desperate, and there would be no hopes at all of his recovery. Upon this he immediately prepared himself for his new regimen; and now began to eat and drink nothing but what was proper for one in his weak habit of body: but this was at first very disagreeable to him. He often wanted to live again in his old manner; and did, indeed, indulge himself in a freedom of diet, sometimes, without the knowledge of his physician; but, as he informs us, much to his own detriment and uneasiness. Driven, in the mean time, by the necessity of the thing, and resolutely exerting all the powers of his understanding, he at last grew confirmed in a settled and uninterrupted course of temperance: by virtue of which, as he assures us, all his disorders had left him in less than a year: and he had been a firm and healthy man, from thenceforward, till the time in which he wrote his treatise.

Some sensualists, as it appears, had objected to his abstemious manner of living; and, in order to evince the reasonableness of their own, had urged that it was not worth while to mortify one's appetites at such a rate for the sake of being old, since all that was life, after the age of sixty-five, could not properly be called a living life, but a dead life. "Now," says he, "to show

these gentlemen how much they are mistaken, I will briefly run over the satisfactions and pleasures which I myself enjoy in this eighty-third year of my age. In the first place, I am always well, and so active, withal, that I can, with ease, mount a horse upon a flat, or walk upon the tops of very high mountains. In the next place, I am always cheerful, pleasant, perfectly contented, and free from all perturbation, and every uneasy thought. I have none of that *fastidium vitæ*, that satiety of life, so often to be met with in persons of my age. I take a view of palaces, gardens, antiquities, public buildings, temples, fortifications, and endeavour to let nothing escape me which may afford the least amusement to a rational mind. Nor are these pleasures at all blunted by the usual imperfections of great age; for I enjoy all my senses in perfect vigour; my taste especially, in so high a degree, that I have a better relish for the plainest food now than I had for the choicest delicacies formerly, when immersed in a life of luxury."

As a principal rule of diet, we ought to take food with an easy and serene mind, and to *eat slowly*. The stomach suffering in this case a very gradual distention, as the food has sufficient time to be duly prepared by mastication. To eat of one dish only seems most conformable to nature, and is, doubtless, the means of procuring the most healthy fluids.

The diet ought not only to be such as is best adapted to the constitution, but likewise to be taken at regular periods; for long fasting is hurtful at any stage of life. All great and sudden changes of diet are universally dangerous, particularly from a rich and full diet to a low and sparing one. When, therefore a change becomes necessary, it ought always to be made by degrees.

When a person has suffered so much from extreme hunger, much food must not be given him at once. By full feeding, thousands long starved at sea, have been destroyed at once. Such persons should be supplied with liquid food, and that sparingly.

As soon as the food has entered the stomach, the im-

portant office of digestion begins. The vigour of the organs exerted on this occasion, ought certainly not to be abridged by violent exercise; but muscular and robust people feel no inconvenience from gentle motion about *one* hour after the heaviest meal. But as the whole process of digestion is of much longer duration than is generally imagined, the afternoon hours cannot be employed so advantageously to health in any labour requiring strong exertions.

In violent exercise, or an increased state of perspiration, the fluids are propelled to the external parts, and withdrawn from the stomach, where they are indispensable to assist the proper concoction.

Exclusive of the quantity and quality of food, great attention is due to the kind of it in particular constitutions. Animal food in general is more nourishing than vegetable, and when fresh, is likewise more easy of digestion. On this account, it generally agrees best with delicate and weak constitutions.

But the flesh of young animals, with a proportionate quantity of well boiled and wholesome vegetables, is the best diet adapted to our system. In summer it is advisable to increase the proportion of vegetable food, and to make use of acids, such as vinegar, lemons, oranges, and the like. With regard to our food, however, in quantity and quality, it should be properly proportioned to our exercise. The labourer, who is perpetually toiling from morning till night, could not subsist on food appropriated to those who pursue not the severer exercises of the body; his diet must be of the coarser kind, such as salted meats or fish, cheese, corn bread, potatoes, onions, and peas, and these in pretty large quantities.

On the whole, it will be found to be the safest both in health and sickness to regulate our diet with simplicity, ever bearing in mind that a preference is to be given to such articles as our personal knowledge has demonstrated to be the most congenial to our constitutions and habits.

Nature has appointed *milk* for the food of children;

because on account of their growth they require much nourishment. From this circumstance we may also conclude, that milk is easily digested by healthy stomachs, since at the early age of children the digestive powers are but feeble; and hence it is of service to persons enfeebled by dissipation or disease. Yet milk is not a proper food for the debilitated in all cases; nay, under circumstances, it may even be hurtful. It does not, for instance, agree with hypochondriacs; as it occasions cramp of the stomach, heart-burn, colic, or diarrhœa. Febrile patients, whose weak organs of digestion do not admit of nutritious food, and whose preternatural heat would too easily change the milk into a rancid mass, must abstain from it altogether.

With these exceptions, milk is an excellent species of diet, generally of easy digestion, insomuch, that persons much reduced in bodily vigour, have been cured by eating milk only.

Buttermilk, when new and sweet, is cooling and refreshing; as also is bonny-clabber.

Cheese, being made of the tough parts of milk, is difficult of digestion; and should be used with caution, except by the hearty and laborious.

Eggs, when fresh, and soft boiled, are as wholesome as they are delicious; but when hard boiled, they are indigestible; and when corrupt or tainted, have occasioned violent purging and vomiting, and putrid fevers.

Fish in general, are less nourishing than other animal food, though they are not difficult of digestion while in a fresh state. Salt water fish are perhaps the best of any, as their flesh is more solid, more agreeable and healthy, less exposed to putrescency, and less viscid. Fresh water fish should lie in strong salt and water, an hour or two before they are dressed; otherwise the mud flavour that is in them is very apt to nauseate weak stomachs.

Crabs and *lobsters*, when quite fresh, are excellent food, but if tainted, they are no better than poison. The inhabitants of inland towns cannot be too cautious in their use of them.

Oysters, when raw, are easily digested, and may be eaten with great advantage even by the *weak* and *consumptive*. If eaten in any quantity, they produce laxative effects; hence they afford an excellent supper to those liable to costiveness.

Poultry, as chickens and turkeys, furnishes a most valuable aliment.

Venison, and every variety of game, form a light and wholesome food, and extremely useful to delicate stomachs.

Beef, *pork* and *bacon*, yield a copious and permanent nourishment; and when taken in moderate quantities, agree well with all stomachs and constitutions.

Sausages are a substantial kind of nourishment, but require strong stomachs to digest them. The same may be said of *blood-sausages*, usually called black puddings.

Bread, which is called the staff of life, is very properly eaten with animal food, to correct the disposition to putrescency; but is most expedient with such articles in diet as contain much nourishment in a small bulk, because it then serves to give the stomach a proper degree of expansion. To render bread easy of digestion, it ought to be well fermented. To persons troubled with flatulency and indigestion, all pastry whatever is unwholesome, frequently producing dangerous colics and incurable obstructions.

Fruit, in general, possesses strongly resolvent powers, and is the more beneficial as it comes to maturity

at a time when the body is relaxed by the heat of summer, and when the blood has a strong tendency to inflammation. It is besides of great service in attenuating the thick bilious impurities collected during the summer, and of evacuating them by its laxative virtues.—The acid contained in most kinds of fruit, is as useful to quench thirst as to resist putrefaction. In weak stomachs, however, or such as are filled with impurities and slime, it is apt to ferment and occasion some inconvenience; but this may be avoided by a temperate use. It is most wholesome when eaten on an empty stomach, which can exert all its power to expel the air disengaged from it, and to remove it before it begins to ferment. Boiling, as well as drying, corrects the flatulent tendency of fresh fruit; so that thus prepared, it will agree with almost all stomachs. By either of these methods it is deprived of its superfluous humidity, as well as of its fixed air; whence it becomes more nourishing, but less cooling than in the fresh state.

In our aliment, an essential part is *drink*, the use of which is indispensable to the digestion of food.

Water, as the basis of most of our drinks, should be carefully obtained in its highest purity. Passing, for the most part, through subterranean channels, it is often impregnated with metals or minerals of a nature injurious to the constitution; and such impregnation may be known by the sensible qualities of the water. The best water is that which is pure, light, and without any particular colour, taste or smell. Where water cannot be obtained pure from springs, wells, rivers or lakes, care should be taken to deprive it of its pernicious qualities, by boiling and filtering, but most effectually by distillation. Any putrid substances in the water, may be corrected by the addition of an acid. Thus half an ounce of alum, in powder, will make twelve gallons of corrupted water pure and transparent in two hours, without imparting a sensible degree of astringency. Charcoal powder has also been found of great efficacy in checking the

putrid tendency of water. To the same purpose vinegar and other strong acids, are well adapted.

Whatever kind of drink is used, it ought to be taken always in a moderate quantity. Too much drink, even of water, innocent as it is, tends to oppress and weaken the stomach, of course to generate acidities and flatulence.

Some advise us never to drink without eating something, but he who drinks only when nature requires it, has no occasion to eat every time he drinks. Persons, on the contrary, who are once accustomed to drink more than is necessary, or to make use of hot, stimulating, and intoxicating liquors, would do well always to eat some bread, or other solid food, along with them.

An undue proportion of drink, renders the mass of blood too thin and watery, and occasions a general debility of the body. On the other hand, too little drink renders the blood thick and viscid, and weakens the digestive powers. Light and well fermented beer, is a wholesome, and at the same time, diluent species of nourishment. With persons already plethoric, the lightest beer generally agrees best. Thick and nourishing beer, is of service to wet nurses, and the debilitated. Sweet beers are only nourishing, but the bitter kinds are strengthening also. The latter are beneficial in a weak state of digestion, and to people troubled with acid in the stomach; yet sweet beer is more wholesome for daily use, and at the same time less exposed to dangerous adulterations.

Cider, when properly fermented and pure, is also a pleasant and wholesome liquor. On the contrary, when it is new or tart, we cannot recommend it as a salubrious beverage.

Wine, when pure, and used in moderation, certainly conduces to health, especially in weak and languid habits. See Vine. Mat. Med.

Ardent Spirits, when properly diluted, is likewise an

excellent beverage and antiseptic. These liquors are of considerable service in preventing the bad effects of a moist and cold atmosphere, pestilential vapours, damp military camps, unclean occupations, and occasionally too, of a temporary abstinence from food.

But as the infusion of too great a quantity of oil immediately extinguishes the lamp; the light of reason and the lamp of life itself are frequently suffocated, and put out for ever by an imprudent use of either wine or spirits.

It was a usual custom amongst the Romans to drink down the evening, and to drink up the morning star: and another of their common practices was, to drink so many cups and healths, as there were letters in the names of their mistresses:

Six cups to *Nævia's* health, seven to *Justina* be,
To *Lycas* five, to *Lyde* four, and then to *Ida* three.

MARTIAL.

A young officer meeting with several of his old acquaintances, and being induced by them to follow the example of the Romans in this respect, was so overcome by what he drank, that he laid himself down to sleep, upon a bench, which was near to an open casement; there was his face beat upon all the night long, by a thick snow that had fallen. In the morning he had a strange writhing in his mouth; his right cheek, which lay nearest to the window, was fixed, nor was he able to move the eye-brow, or any of the muscles on that side of the face, in consequence of a partial stroke of the palsy.

Some riotous Students, at a famous University, were entertained by Mr. R. a bachelor, at his chamber, who intending to treat them to the height of intemperance, had so gorged himself with toddy and wine that he was fast asleep at the table he sat by; in which posture his associates left him. A candle stood upon the table near him; and in his sleep he had turned himself so incon-

veniently, that it burnt his breast, and the parts about it, in such a manner, that his entrails might be seen, which yet was not perceived by him that was buried in wine. In the morning he was called on and awakened by his fellow toss-pots, and invited by them to take a glass of mint cordial, when he complained of insufferable torments.

The most skilful physicians were immediately sent for, but in vain did they endeavour to oppose so great a burning; so that in horrid torments, upon the third day following, he concluded his miserable life; having first warned his companions, with tears, to beware of intemperance.

Tea is considered by some as being highly injurious, while others have either asserted its innocence, or even ascribed to it extraordinary virtues. When taken in a large quantity, or very strong, and at a late hour, it often produces watchfulness; but if used in moderation, it greatly relieves an oppressed stomach, and pains of the head. It ought, however, to be made of a moderate strength, otherwise it certainly effects the nerves. Hypochondriac and hysteric people are much deceived in their opinions of the efficacy of tea; for all the evils arising from weak stomachs and flatulency, of which they complain, are certainly increased by tea, especially if taken in large quantities, and strong. The cold stomach which they propose to warm by it, is a mere phantom of the brain; for this sensation of cold, is nothing but relaxation, which, instead of being removed by hot liquors, is assuredly increased by them.

Coffee promotes digestion, and exhilarates the animal spirits; but an excessive use of it, like tea, affects the nerves, occasions watchfulness, and trembling of the hands. As possessing excellent antispasmodic virtues, it is a favourite beverage with the hypocondriac and hysteric.

Chocolate is nutritious and wholesome, if taken in

small quantity; but to the corpulent and weak, particularly those which whom a vegetable diet disagrees, it is generally hurtful.

OF EXERCISE.

——————————— By health the peasant's toil
Is well repaid; if exercise were pain
Indeed, and temperance pain. By arts like these
Laconia nursed of old her hardy sons;
And Rome's unconquered legions urged their way,
Unhurt, through every toil in every clime.
Toil and be strong. By toil the flaccid nerves
Grow firm, and gain a more compacted tone;
The greener juices are by toil subdu'd,
Mellowed, and subtilis'd; the vapid old
Expell'd, and all the rancour of the blood.
Begin with gentle toils, and, as your nerves,
Grow firm, to hardier by just steps aspire.
The prudent, even in every moderate walk,
At first but saunter; and by slow degrees
Increase their pace. This doctrine of the wise,
Well knows the master of the flying steed.

ARMSTRONG.

It was a common saying among the ancients, that acute diseases are from heaven and chronic from ourselves. To die, says Dr. Johnson, is the fate of man; but to die with lingering anguish, is generally his own folly. Inactivity never fails to induce an universal relaxation of the contractile fibres. When these fibres are relaxed, neither the digestion, the circulation, nor the *peristaltic motion* can be duly performed.

It is absolutely impossible to enjoy health where the perspiration also is not duly carried on; and that can never be the case, where exercise is neglected.

The necessity of *action* is not only demonstrable from the fabric of the body, but evident from the observa-

tion of the universal practice of mankind, who, for the preservation of health in those whose rank or wealth exempts them from the necessity of labour, have invented sports and diversions, though not of equal use to the world with agricultural employments, yet of equal fatigue to those who practice them, and differing only from the drudgery of the husbandman, as they are acts of choice, and therefore performed without the painful sensation of compulsion.

But such is the constitution of man, that *labour* may be styled its own reward, nor will any external excitements be requisite, if it be considered how much happiness is gained, and how much misery escaped, by frequent and violent agitation of the body.

"Love labour," cried a Philosopher, "if you do not want it for food, you may for physic." The idle man is more perplexed what to do, than the industrious in doing what he ought. Action keeps the soul in constant health; but idleness corrupts and rusts the mind.

A gentleman was under close confinement in the Bastile seven years, during which he amused himself in scattering a few small pins about his chamber, gathering them up again, and placing them in different figures on the arm of a great chair. He often told his friends, afterwards, that unless he had found out this piece of exercise, he verily believed he should have lost his senses.

"Pray, of what did your brother die?" said the Marquis Spinola, one day, to Sir Horace Vere. "He died, Sir," said he, "of having nothing to do."—"Alas! Sir," said Spinola, "that is enough to kill any general of us all."

Indolence often originates from a mistaken education, in which pleasure or flattery is made the immediate motive of action, and not future advantage, or what is termed duty. This observation is of great value to those who attend to the education of their own children.

I have seen (says Dr. Darwin) one or two young married ladies of fortune, who perpetually became uneasy, and believed themselves ill, a week after their arrival in the country, and continued so uniformly during their stay; yet, on their return to London or Bath, immediately lost all their complaints; and this repeatedly; which I was led to ascribe to their being in their infancy surrounded with menial attendants, who had flattered them into the exertions they then used. And that in their riper years, they became torpid for want of this stimulus, and could not amuse themselves by any voluntary employment; but required ever after either to be amused by other people, or to be flattered into activity.

Dr. Johnson says, "whenever chance brings within my observation a knot of young ladies, busy at their needles, I consider myself as in the school of virtue; and though I have no extraordinary skill in plain work or embroidery, I look upon their operations with as much satisfaction as their governess, because I regard them as providing a security against the most dangerous insnarers of the soul, by enabling themselves to exclude idleness from their solitary moments, and with idleness, its attendant train of passions, fancies, chimeras, fears, sorrows, and desires."

If sedentary employments are intermixed with a due quantity of exercise, they will never injure health.

Weak fibres are the constant companions of *inactivity*. Nothing but daily exercise in the open air can brace and strengthen the powers of the stomach, and prevent an endless train of diseases, which proceed from a relaxed state of that organ. We seldom hear the active and laborious complain of what are called nervous diseases; these are reserved for the sons of idleness. Many have been completely cured of these disorders by being reduced from a state of opulence to labour for their daily bread. This plainly points out the sources whence nervous diseases flow, and the means by which they may be prevented.

——————Weariness
Can snore upon the flint; when resty sloth
Finds the downy pillow hard.

The shades descend, and midnight o'er the world
Expands her sable wings. Great nature droops
Through all her works. How happy he whose *toil*
Has o'er his languid powerless limbs diffused
A pleasing lassitude. He not in vain
Invokes the gentle deity of dreams.
By *toil subdued*, the warrior and the hind
Sleep *fast* and *deep*.—Their active functions soon
With generous streams their subtle tubes supply
Ere morn, the tonic irritable nerves
Feel the fresh impulse, and awake the soul.

ARMSTRONG.

Independent of the blessing of health by exercise, "the hand of the diligent," as justly observed by Dr. Dodd, "maketh rich; but the soul of the sluggard desireth, and hath nothing."

A gentleman states, that as he was sitting with some friends before the door of the Capitol, a beggar presented himself, who with sighs and tears, and lamentable gestures, expressed his miserable poverty, saying withal, that "he had about him a private disorder, which shame prevented him from discovering to the eyes of men." They, pitying the case of the poor man, gave each of them something, and he departed: one amongst them sent his servant after him, to enquire what his private infirmity might be, which he was so loth to discover? The servant overtook him, and desired that satisfaction; and having diligently viewed his face, breast, arms, &c. and finding all his limbs in good plight, "I see nothing,"

said he, "whereof you have any such reason to complain." "Alas!" said the beggar, "the disease that afflicts me, is far different from what you conceive of, and is such as you cannot see; it is an evil that has crept over my whole body; it is passed through the very veins and marrow of me, in such a manner, that there is no one member of my body that is able to take proper exercise, or do any work; this disease by some is called idleness." The servant hearing this, left him in anger, and returned with this account of him; which, after they had well laughed at, they sent to make further inquiry after this beggar, but he had withdrawn himself.

To show the absolute necessity of exercise in cold climates, we cannot omit relating the botanical excursion of Sir Joseph Banks, Dr. Solander, and others, on the heights of *Terra-del-Fuego.* Dr. Solander, who had more than once crossed the mountains which divide Sweden from Norway, well knew that extreme cold produced a torpor and sleepiness almost irresistible; he therefore conjured the company to keep always in motion, whatever pain it might cost them, and whatever relief they might be promised by rest: "*Whoever sits down,*" said he, "*will sleep; and whoever sleeps will wake no more.*" Thus at once admonished and alarmed, they set forward, but while they were still upon the naked rock, and before they got among the bushes, the cold was so intense, as to produce the effects that had been most dreaded. Dr. Solander, himself, was the first who found the inclination, against which he had warned others, irresistible; and insisted upon being suffered to lie down. Sir Joseph Banks entreated and remonstrated with him in vain; down he lay upon the ground, though it was covered with snow; and it was with great difficulty that his friends kept him from sleeping. One of his black servants also began to linger. Partly by persuasion, and partly by force, the company made them go forward. Soon, however, they both declared, "they would go no farther." Sir Joseph Banks had recourse again to expostulation, but this produced no effect. When the

black was told, that if he did not go on, he would in a short time be frozen to death, he answered that he desired nothing so much as to lie down and die. The Doctor did not so explicitly renounce his life; he said he could go on, but that he must first take "*some sleep*," though he had before told the company, that "to sleep, was to perish." They both in a few minutes fell into a profound sleep; after considerable exertions they happily succeeded in waking the Doctor, who had almost lost the use of his limbs, and the muscles were so shrunk, that his shoes fell from his feet; but every attempt to relieve the unfortunate black proved unsuccessful.

The ten thousand Greeks, in their memorable retreat in passing through Amenia, were exposed, says Xenophon, to a contest still more dangerous than the enemy, in which neither skill nor valour could avail. The snow fell in such quantities during the night, as completely covered the men with their arms. Their bodies, when freed from the snow, were benumbed and parched with the piercing coldness of the north wind. Many slaves and sumpter horses perished, with about thirty soldiers. It was observed, that those died who did not use sufficient exercise.

Since we have touched upon the subject of cold, we cannot forbear inserting the observations of the immortal Darwin.

Animal bodies resist the power of cold probably by their exertions. But if these increased exertions be too violent, so as to exhaust the power of the brain, the animal will probably sooner perish. Thus, a moderate quantity of wine or spirit, repeated at proper intervals of time, might be of service to those who are long exposed to excessive cold, both by increasing the action of the capillary vessels, and thus producing heat, and perhaps by increasing in some degree the secretion of sensorial power in the brain. But the contrary must happen when taken immediately, and not at due intervals. A

well attested history was once related to me of two men, who set out on foot to travel in the snow, one of whom drank two or three glasses of brandy before they began their journey, the other contented himself with his usual diet and potation; the former of whom perished, in spite of every assistance his companion could afford him, and the other performed his journey with safety. In this case the power of the brain was exhausted by the unnecessary motions of incipient intoxication by the stimulus of the brandy, as well as by the exertions of walking, which so weakened the dram-drinker, that the cold sooner destroyed him; that is, he had not power to produce sufficient muscular or arterial action, and in consequence sufficient heat to supply the great expenditure of it. Hence the capillaries or smaller vessels of the skin, first ceased to act, and became pale and empty; next those which are immediately associated with them, as the extremities of the pulmonary artery, as happens on going into the cold bath. By the continued inaction of these parts of the vascular system, the blood becomes accumulated in the internal arteries, and the brain is supposed to be affected by its compression; because these patients are said to sleep, or to become apoplectic, before they die.

When travellers are benighted in deep snow, they might frequently save themselves by lying down on the dry ground, and suffering themselves to be entirely covered with the snow, except a small hole for air. The ground being usually at the 40th degree of cold, that is, eight degrees above freezing, and the snow in contact with their clothes, thawing and contracting into the snow next to it, would form above them a close dry coverlid, that would perfectly exclude the external cold, and place them in a situation almost as warm as a bed!

My reverend and worthy friend, Dr. Andrew Hunter, of Washington, overcome with the fatigues of a long day's march, during the revolutionary war, threw himself down with the rest of the army, on the cold fro-

zen ground. His only cover was a blanket, and a saddle his pillow. Instantly his wearied senses were locked up in sleep so sound, that he never felt the cold snow, which presently began to fall in heavy flakes upon him. Next morning when he awoke, he was astonished at his situation—a heavy fall of snow a foot deep had completely covered him, through which the heat of his breath, melting the snow as it fell, had formed a nice opening. Having raised his head, and seeing his comrades still asleep, he laid himself down to enjoy a little longer this singular kind of bed, which he declared was very pleasant.

If these facts were more generally known, they might save the lives of many valuable citizens.

OF SLEEP.

THE shades descend, and midnight o'er the world
Expands her sable wings. Great Nature droops
Through all her works. Now happy he whose toil
Has o'er his languid powerless limbs diffused
A pleasing lassitude: he not in vain
Invokes the gentle Deity of dreams.
His powers the most voluptuously dissolve
In soft repose: on him the balmy dews
Of sleep with double nutriment descend.

ARMSTRONG.

"TIRED nature's sweet restorer, balmy sleep," cannot be dispensed with. It introduces a most welcome vacation, both for the soul and the body. The exercises of the brain and the labours of the hands, are at once discontinued; so that the weary limbs repair their exhausted vigour, while the pensive thoughts drop their load of sorrows, and the busy ones rest from the fatigue of application. Most reviving cordial! equally beneficial to our animal and intellectual powers.

Since sleep is so absolutely necessary, so inestimably valuable, observe what a fine *apparatus* Almighty Good-

ness has made to accommodate us with the balmy blessing. With how kind a precaution he removes whatever might obstruct its access, or impede its influence! He draws around us the curtain of darkness, which inclines us to a drowsy indolence, and conceals every object that might too strongly agitate the senses. He conveys *peace* into our apartments, and imposes silence on the whole creation. May we not discern in this gracious disposition of things, the tender cares of an affectionate *Mother*, who hushes every noise, and excludes every disturbance, where she has laid the child of her love to rest? *So*, by such soothing circumstances, and gentle working opiates, He *giveth to his beloved sleep*.

No sooner does the morning dawn, and day-light enter the room, than this strange enchantment vanishes. The man awakes, and finds himself possessed of all the valuable endowments which for several hours were suspended or lost. His sinews are braced, and fit for action. His senses are alert and keen. The romantic visionary heightens into the master of reason, and the frozen or benumbed affections melt into tenderness, and glow with benevolence. Without these enlivening recruits, how soon would the most robust constitution be wasted into a walking skeleton, and the most learned sage degenerate into a *hoary idiot*.

If sleep does not pay the accustomed visit, the whole frame of man will in a short time be thrown into disorder; his appetite ceases, his spirits are dejected, and his mind, abridged of its slumbering visions, begin to adopt waking dreams. A thousand strange phantoms arise, which come and go without his will; these, which are transient in the beginning, at last take firm possession of the mind, which yields to their dominion, and after a long struggle runs into confirmed madness or death. But it is happy for mankind that this state of inquietude is seldom driven to an extreme. However, man finds it more difficult to procure sleep than any other animal, and some are obliged to court its approaches for several hours together, before they incline to rest. It is in vain that all light is excluded, that all sounds are re-

moved, that books of entertainment are read; the restless and busy mind still retains its former activity, and Reason, that wishes to lay down the reins, in spite of herself, is obliged to maintain them. This is strongly instanced by Shakspeare, in the soliloquy of King Henry.

How many thousands of my poorest subjects
Are at this hour asleep! O! gentle sleep,
Nature's soft nurse, how have I frighted thee,
That thou no more wilt weigh my eye-lids down,
And steep my senses in forgetfulness?
Why, rather, *sleep*, ly'st thou on smoky cribs,
Upon uneasy pallets stretching thee,
And hush'd with buzzing night-flies to thy slumbers;
Than in the perfum'd chambers of the great,
And lull'd with sounds of sweetest melody?
O thou dull god, why ly'st thou with the vile
In loathsome beds, and leav'st the kingly couch,
A watch-case or a common larum bell?
Wilt thou upon the high and giddy mast
Seal up the ship-boy's eyes, and rock his brains
In cradle of the wild imperious surge;
And in the visitation of the winds,
Who take the ruffian billows by the top,
Curling their monstrous heads, and hanging them
With deaf'ning clamours in the slipp'ry shrouds,
That, with the hurly, death itself awakes?
Canst thou, O partial sleep! give thy repose
To the wet sea-boy in an hour so rude;
And, in the calmest, and most stillest night,
With all appliances and means to boot,

Deny it to a *King?* Then, happy low, lie down!
Uneasy lies the head that wears a crown.

Excess of sleep is not less prejudicial to health than the want of it. The whole body sinks gradually into a complete state of inactivity, the solid parts become relaxed, the blood circulates slowly, and remains particularly long in the head; perspiration is disordered, the body increases in fat, and is rendered incapable of being the medium of mental exertion, the memory is enfeebled, and the unhappy sleeper falls into a lethargic state, by which his sensibility is, in a great measure, destroyed.

Sleep, immediately after supper, is apt to occasion the night mare, or a stagnation of the blood, which, by its pressure, produces the sensation or idea of this troublesome bed-fellow. It is principally the nervous, the debilitated, and those of an impaired digestion, who are visited by such terrific dreams.

The proper duration of sleep, in youth and adults, is usually settled at six or seven hours; in children and the aged, from eight to nine hours. The more bodily weakness we feel, the more we may indulge in sleep; provided it be refreshing. If people in a state of health are perfectly cheerful in mind and body, when they awake, this is the most certain criterion that they have slept sufficiently. Though weakly persons may have a disposition to sleep during the day, they ought not to sleep long, since it tends to increase their languor and relaxation. Whether to sleep after dinner be advisable, must be decided by a variety of concurrent circumstances; age, climate, and the like. However, a sleep after dinner ought never to exceed a half, or one hour at most; and it is also much better sitting than lying horizontally; for, in the latter case, we are subject to determinations of the blood towards the head, and consequently to head-ach, and risk apoplexy. In the evening we should eat light food, and not retire to rest till two or three hours after supper. The mind ought to be serene and

cheerful previous to going to rest, and we should then avoid gloomy thoughts; so that we may as much as possible guard against dreams, which always interfere with the refreshing influences of sleep.

Dreams are frequently suggested to us by bodily sensations, and from what we experience while awake.—Two persons who had been hunting together in the day, slept together the following night. One of them was renewing the pursuit in his dream, and having run the whole circle of the chace, came at last to the fall of the stag. Upon this, he cried out, with a determined ardor, *I'll kill him, I'll kill him:* and immediately felt for the knife which he carried in his pocket. His companion happening to be awake, and observing what passed, leaped from the bed. Being secure from danger, and the moon shining bright into the room, he stood to view the event; when, to his inexpressible surprise, the infatuated sportsman gave several deadly stabs in the very place, where a moment before the throat and life of his friend lay. This shows what scenes of horror we might commit amidst the mad sallies of sleep, if we were not prevented by our HEAVENLY FATHER, who interposes in our behalf, and defends us as with a shield.

Although it is too great a vanity to give over much credit to our dreams, and to distress and distract ourselves about the signification and successes of them; yet they are not altogether unuseful to us. By dreams we may often discover much of our own natural inclinations, and the constitution we are off. Besides this, there hath been so much of highest concernment revealed to some in their sleep, that it is enough to make us believe there is not altogether so much of delusion in dreams, as some men imagine.

About three years before the gospel was first preached in one of our villages, a certain woman had the following dream; which in the event, appears remarkable. She thought she was walking up the hill above the town, near to a barn, now a meeting-house, when on a

sudden the clouds gathered darkness, and a dreadful storm of thunder and lightning came on. She looked back upon the village, and the tempest seemed still more horrible, for the blackness of darkness seemed to overshadow it. Terrified at this dreadful scene, she thought she met an acquaintance, with a small quantity of flax under his arm, spinning as he passed along, to whom she said, calling him by name, "Surely, the day of judgment is come." He seemed but little concerned, and only said, "My thread is almost spun." The man was then in health, but died in a short time after. She went on till she came opposite to the door of the barn, and thought a strange man came out of it, and perceiving her concern, offered her the New Testament, saying, "take, read, and pray over this, and it will teach you the way of salvation." Immediately she thought the clouds dispersed, and the darkness disappeared, and all was calm again. This dream made no impression, except upon her memory; and, for some time after the place was first opened for worship there, she seemed determined never to attend; but, on the contrary, persecuted those who did; till on a certain day, she was intreated to go *once*, merely out of curiosity. Soon after she was seated, the minister rose up in the pulpit, and proved to be the person of whom she dreamed; the remembrance of which, together with the subject of his discourse, touched her to the very heart, and drew tears from her eyes. From this time, the Spirit of God seemed to work powerfully upon her soul, a renovating change took place in all her powers, and having gone through much persecution, she still appears a striking monument of saving mercy. Such is the power of Almighty grace.

Astyages, the last king of the Medes, saw in his dream, a vine to spring forth from the womb of his only daughter, and at last to flourish and spread itself, so that it seemed to overshadow all Asia, with its very fruitful branches. He consults with the soothsayers upon this dream; who answered him, "that of his

daughter should be born a son, who should seize on the empire of Asia, and divest him of his throne."— Terrified at this prediction, he forthwith bestowed his daughter on Cambyses, a foreigner, and then an obscure person. When his daughter drew near to the time of her delivery, he sends for her to himself, that whatsoever should be born of her, should perish by his own command. The infant therefore is delivered to Harpagus to be slain; a man of known fidelity, and with whom he had long communicated his greatest secrets. But he fearing that, upon the death of Astyages, Mandane, his daughter, would succeed in the empire, since the king had no male issue, and that then he should be sure to be paid home for his obedience, doth not kill the royal babe, but delivers it to the king's chief herdsman, to be exposed to the wide world. It fell out that the wife of this man was newly brought to bed; and having heard of the whole affair, she earnestly importunes her husband to bring the child home to her that she might see it. The husband is overcome, goes to the wood where he had left him; he finds there, a bitch, that at once saved the babe, and kept off the beast and birds from it, and also suckled it herself. Affected with this miracle, and thus instructed by a brute in humanity, he takes up the child, carries it to his wife; she sees and loves it: breeds him up, till he grew first to a man and then to a king. This was the great Cyrus, who overcame Astyages, his grandfather, and translated the sceptre from the Medes to the Persians.

Sleep accompanied either with talking or walking, called somniloquism and somnambulism, is a transient paroxysm of delirium. When they are induced by an increase of stimuli, whether corporeal or mental, bloodletting, gentle cathartics, vegetable diet, with moderate exercise, are the best remedies; but when they arise from a diminution of customary stimuli, a glass or two of wine, a draught of porter, or a dose of laudanum at bed-time, and a change of air, will generally succeed.

A remarkable case of somniloquism, or sleep with an ability to pray and preach once a day, is that of Miss Rachel Baker, of New York. These quotidian paroxysms as stated by the ingenious and learned professor Mitchill, recur with wonderful exactness, and, from long prevalence, are now become habitual. They invade her at early bed time, and a fit lasts usually about three quarters of an hour. A paroxysm has been known to end in thirty-five minutes, and to continue ninety-eight. It attacks her with a sort of uneasiness of the spasmodic kind, anxiety in respiration, and hysteric choking. There is, however, no chill, or even coldness. Nothing like the torpor of an ague. There is no febrile excitement, nor any sweating stage at the close. The transition from the waking state to that of sleep is very quick, frequently in a quarter of an hour, or even less. After she retires from company in the parlour, she is discovered to be occupied in praising God with a distinct and sonorous voice.

She commences and ends with an address to the throne of grace; consisting of the proper topics of acknowledgment, submission, and reverence; of praise and thanksgiving, and of prayer for herself, her friends, the church, the nation, and for enemies, and the human race at large. Between these is her sermon, or exhortation. She begins without a text, and proceeds in an even course to the end; embellishing it sometimes with fine metaphors, vivid descriptions, and poetical quotations.

A trait in her case peculiarly worthy of notice, is the difference between her sentiments on certain subjects in a state of sleep, and those she entertains when awake. For example; she maintains resolutely, that she is not asleep during her paroxysms, although it is evident to every bystander that she is not awake. She contended, while in New York, that she was not from home, but at her ordinary residence in the town of Scipio. So likewise she prays and preaches when the fit presses her, though her conviction, in her seasons of wakefulness, is, that individuals of her sex are pro-

hibited, by apostolic mandate, from acting as public teachers.

These variations from the fact, in relation to her bodily condition, to her local situation, and to her ministerial functions, are memorable features of the affection under which she labours. While subjected to this peculiar action, she says that she knows not whether she is in the body or out of the body; yet declares she feels high enjoyment, and benevolent wishes that others could have the exquisite sensations which she experiences. Nevertheless, during her waking hours, she laments her malady as a sore affliction; and considers it as a visitation upon her to punish her sins, or to try her constancy and virtue.

The celebrated Dr. Goldsmith, gives the following history of Cyrillo Padovano, the noted sleep walker.

It has often been a question in the schools, whether it be preferable to be a king by day, and a beggar in our dreams by night, or inverting the question, a beggar by day, and a monarch while sleeping? It has been usually decided that the sleeping monarch is the happiest man, since he is supposed to enjoy all his happiness without contamination; while the monarch in reality feels the various inconveniencies that attend his station. However this may be, there are none, sure, more miserable than those who enjoy neither situation with any degree of comfort, but feel all the inconveniencies of want and poverty by day, while they find a repetition of their misery in a dream. Of this kind was the famous Cyrillo Padovano, of whom a long life has been written: a man, if I may so express it, of a double character, who acted a very different part by night from what he professed in the day. Cyrillo was a native of Padua in Italy, a little brown complexioned man, and, while awake, remarkable for his probity, piety, and candour; but unfortunately for him, his dreams were of the strongest kind, and seemed to overturn the whole system of waking morality; for he every night

walked in his sleep, and upon such occasions was a thief, a robber, and plunderer of the dead. The first remarkable exploit we are told of Cyrillo was at the university, where he showed no great marks of assiduity. Upon a certain occasion, his master set him a very long and difficult exercise, which Cyrillo found it impossible, as he supposed, to execute. Depressed with this opinion, and in certain expectation of being chastised the next day, he went to bed quite dejected and uneasy; but awakening in the morning, to his great surprise, he found his exercise completely and perfectly finished, lying upon his table, and, still more extraordinary, written in his own hand. This information he communicated to his master when he gave up his task, who being equally astonished with him, resolved to try him the next day, with a longer and more difficult task, and to watch him at night when he went to rest. Accordingly Cyrillo was seen going to bed with great uneasiness, and was soon heard to sleep profoundly; but this did not continue long; for in about an hour after he lay down he got up, lighted his candle, and sat down to study, where he completed his task as before.

A mind like Cyrillo's, not naturally very strong, and never at rest, began, when he arrived at manhood, to become more gloomy, solicitous, and desponding. In consequence of this turn of thinking, he resolved to leave the world, and turn Carthusian, which is the most rigorous of all the religious orders. Formed for a severe and abstemious life, he was here seen to set lessons of piety to the whole convent; and to show that he deserved the approbation, as well of his fellows in seclusion as of the whole order. But this good fame did not last long; for it was soon found that Cyrillo walked by night, and, as we are told of the fabled Penelope, undid in his sleep all the good actions for which he had been celebrated in the day. The first pranks he played were of a light nature, very little more than running about from chamber to chamber, and talking a little more loosely than became one of

his professed piety. As it is against the rules of the fraternity to confine any man by force to his cell, he was permitted in this manner to walk about; and though there was nothing very edifying in his sleeping conversation, yet the convent were content to overlook and pity his infirmities. Being carefully observed on one of those occasions, the following circumstances offered.—One evening, having fallen asleep on his chair in his cell, he continued immoveable for about an hour; but then turning about in the attitude of a listener, he laughed heartily at what he thought he heard spoken; then snapping his fingers, to show he did not value the speaker, he turned towards the next person, and made a sign with his fingers as if he wanted snuff. Not being supplied, he seemed a little disconcerted; and pulled out his own box, in which there being nothing, he scraped the inside as if to find some. He next very carefully put up his box again, and looking round him with great suspicion, buttoned up the place of his frock where he kept it. In this manner he continued for some time immoveable; but without any seeming cause, flew into a most outrageous passion, in which he neither spared oaths nor execrations, which so astonished and scandalized his brother friars, that they left him to execrate alone. But it would have been well if poor Cyrillo had gone no farther, and driven his sleeping extravagances into guilt. One night he was perceived going very busily up to the altar, and in a little beaufet beneath, to rummage with some degree of assiduity. It is supposed that he wished to steal the plate which was usually deposited there, but which had accidentally been sent off the day before to be cleaned. Disappointed in this, he seemed to be extremely enraged; but not caring to return to his cell empty-handed, he claps on one of the official silk vestments; and finding that he could carry still more, he put on one or two more over each other; and thus cumbrously accoutred, he stole off with a look of terror to his cell; there hiding his ill-got finery beneath his mattress, he laid himself down to continue his nap. Those who had watched

him during this interval, were willing to see his manner of behaving the morning after. When Cyrillo awoke, he seemed at first a good deal surprised at the lump in the middle of his bed; and going to examine the cause, was still more astonished at the quantity of vestments that were bundled there. He went among his fellows of the convent, and inquired how they came to be placed there; and learning the manner from them, nothing could exceed his penitence and contrition.

His last and greatest project was considered of a still more heinous nature. A lady, who had long been a benefactor to the convent, happened to die, was desirous of being buried in the cloister, in a vault which she had made for that purpose. It was there that she was laid, adorned with much finery, and a part of her own jewels, of which she had a great abundance. The solemnity attending her funeral was magnificent, the expenses great, and the sermon affecting. In all this pomp of grief, none seemed more affected than Cyrillo, or set an example of sincerer mortification. The society considered the deposition of their benefactress among them as a very great honour, and masses in abundance were promised for her safety. But what was the amazement of the whole convent the next day, when they found the vault in which she was deposited, broke open, the body mangled; her fingers, on which were some rings, cut off; and all her finery carried away! Every person in the convent was shocked at such barbarity, and Cyrillo was one of the foremost in condemning the sacrilege. However, shortly after, on going to his cell, having occasion to examine under the mattress, he there found that he alone was the guiltless plunderer. The convent was soon made acquainted with his misfortune; and, at the general request of the fraternity, he was removed to another monastery, where the prior had a power, by right, of confining his conventicals. Thus debarred from doing mischief, Cyrillo led the remainder of his life in piety and peace.

The *Feather-beds*, in which we usually sleep, are, certainly not as healthy as mattresses in summer.

But, as many individuals have not sufficient resolution to use these, they ought to be particular in having their feather-beds frequently shaken and aired. Farther, it is highly improper to sleep in beds overloaded with clothes; they heat the blood more than is consistent with health, and produce an immoderate and enervating perspiration, which still more weakens the organs already relaxed by sleep. The custom of sleeping with the curtains drawn close, is pernicious to health, because the copious exhalations, which then take place, cannot be properly dissipated, and are consequently re-absorbed. It is also very imprudent to cover the head with the bed-clothes. The old and abominable custom of warming the bed, likewise deserves to be condemned; as it has a direct tendency to produce debility.

A spacious and lofty room, should always be chosen, if practicable, for a bed-chamber, and attention paid to the admission of fresh air, even during the night, in warm weather: Lastly, no candle or fire should be kept burning during the night in a bed-room.

OF EVACUATIONS.

By subtle fluids pour'd thro' subtle tubes
The natural, vital, functions are perform'd;
By these the stubborn aliments are tam'd,
The toiling heart distributes life and strength;
These the still crumbling frame rebuild.—

ARMSTRONG.

The evacuations of the body, from its superfluous, impure, and noxious particles, are no less necessary than its nourishment. The same power which changes and assimilates our food and drink, likewise effects the due and timely evacuation of the secretions. It is an object

of the first consequence, that nothing remain in the body which ought to be evacuated; and that nothing be ejected, which may be of use to its preservation. How many persons do we find who complain of bad health, notwithstanding every attention they pay to air, aliment, exercise, and sleep; while others enjoy a good state of health, though totally careless with regard to these particulars, and all owing to a difference in the state of the evacuations. If these be disordered, the most rigorous observance of dietetic rules isi nsufficient to insure our health; while, on the contrary, most of those rules may be neglected, for some time, without any injurious consequences, if the evacuations be regular. Nature removes not only noxious matter, or such as is in a state of corruption, but likewise the useful fluids, if they become superabundant; for instance, the milk, semen, and blood. In such cases, therefore, these must be considered as objects of evacuation, equally natural and salutary.

Nature expels all crude and acrid substances by those three grand emunctories, the kidneys, bowels, and skin, and accordingly as they are disordered, diseases of different degrees of malignity and duration will necessarily ensue. Nature also frequently relieves herself by more unusual channels; such are the bleeding of the nose, in plethoric young men; the hemorrhoids, with which persons of a middle age are sometimes troubled; the various ulcers common to those whose fluids are in an impure state; the excretions of saliva, and the expectoration of others, &c. By a premature suppression of these troublesome, but salutary efforts of nature, great mischief may be produced to the individual.

Many persons perspire much under the arm-pits; others in the hands or feet; others again are subject to eruptions in the face, or different parts of the body: such canals, however, if nature be once accustomed to eject by them certain ill humours, cannot be suddenly stopped without considerable danger—cleanliness, in the strictest sense of the word, is almost the only safe remedy to counteract their fatal effects.

OF THE PASSIONS.

PASSIONS, like aliments, though born to fight,
Yet mix'd and soften'd, in his work unite.
Love, Hope, and Joy, fair Pleasure's smiling train,
Hate, Fear, and Grief, the family of Pain;
These mix'd with art, and in due bounds confin'd,
Make, and maintain the balance of the mind,
The lights and shades, whose well accorded strife,
Gives all the strength and colour of our life.

POPE.

PASSIONS are the *active forces* of the soul: They are its highest powers, brought into movement and exertion. Like wind and fire, which are instrumental in carrying on many of the beneficent operations of nature, where they rise to undue violence, or deviate from their proper course, their path is marked with ruin; so are the passions either useful or destructive, according to their direction and degree.

OF LOVE.

WHERE friendship full exerts her softest power,
Perfect esteem enlivened by desire
Ineffable, and sympathy of soul;
Thought meeting thought, and will preventing will,
With boundless confidence: for nought but love
Can answer love, and render bliss secure.
——————What is the world to them,
Its pomp, its pleasure, and its nonsense all!
Who in each other clasp whatever fair
High fancy forms, and lavish heart can wish;
Something than beauty dearer, should they look
Or on the mind, or mind-illumin'd face;
Truth, goodness, honour, harmony, and love,
The richest bounty of indulgent HEAVEN,
Meantime a smiling offspring rises round,
And mingles both their graces. By degrees,
The human blossom blows; and every day,
Soft as it rolls along, shows some new charm,
The father's lustre, and the mother's bloom.

THOMSON.

Love, the most universal and grateful passion of the heart, is not only conducive to health, but contributes greatly to the happiness of every society in which it is introduced. A warm and reciprocal affection between two virtuous lovers, may be considered the sweetest charm of life. But it is only among the virtuous and noble spirits that you are to look for cordial and lasting love. This marriage of souls can never exist long among the vicious.

Love arises from a desire of what is beautiful and fair, and is defined to be an action of the mind, desiring that which is good. No one loves before he is delighted with the object, let it be what it will, by which means it becomes pleasing in our eyes, and begets a value and esteem in our affections. This amiable passion in many respects is very wonderful and unaccountable; it is of such power in its operation; that it has often taken the diadem from kings and queens, and made them stoop to those of obscure birth and mean fortune. It wrests the sword out of the conqueror's hand, and makes him a captive to his slave. It has such a variety of snares to entangle the most wary, that few have at one time or other escaped them.

Eginardus was secretary of state to Charlemagne, and having placed his affections much higher than his condition admitted, made love to one of his daughters, who, seeing this man of a brave spirit and a suitable grace, thought him not too low for her, seeing merit had so eminently raised him above his birth; she loved him, and gave him free access to her, so far as to suffer him to laugh and sport in her chamber on evenings, which ought to have been kept as a sanctuary where reliques are preserved. It happened on a winter's night, Eginardus (ever hasty in his approaches, but negligent about returning) had somewhat too long continued his visit; and in the mean time a snow had fallen, which troubled them both; he feared to be betrayed by his feet, and the lady was unwilling that such prints should be found at her door. Being much perplexed, love,

which taketh the diadem of majesty from queens, made her do an act for her lover, very unusual for the daughter of one of the greatest men upon earth: she took the gentleman upon her shoulders, and carried him all the length of the court to his chamber, he never setting a foot to the ground, that so the next day no impression might be seen of his footing. It fell out that Charlemagne watched at his study this night, and hearing a noise, opened the window and perceived this pretty prank, at which he could not tell whether he were best to be angry or to laugh. The next day, in a great assembly of lords, and in the presence of his daughter and Eginardus, he asked what punishment that servant was worthy of, who made use of a king's daughter as of a mule, and caused himself to be carried on her shoulders in the midst of winter, through night, snow, and all the sharpness of the season. Every one gave his opinion, and not one but condemned that insolent man to death. The princess and secretary changed colour, thinking nothing remained for them but to be flayed alive. But the emperor looking on his secretary with a smooth brow, said, "Eginardus, hadst thou loved the princess my daughter, thou oughtest to have come to her father, the disposer of her liberty; thou art worthy of death, but I give thee two lives at present; take thy fair portress in marriage, fear God, and love one another."

Though the female be the weaker sex, yet some have so repaid the weakness of their nature by an incredible strength of affection, that they have oftentimes performed as great things as we could expect from the courage and constancy of the most generous amongst men.—They have despised death, let it appear to them in what shape it would; and made all sorts of difficulties give way before the force of that invincible love, which seemed proud to show itself most strong, in the greatest extremity of their husbands.

Arria, the wife of Cecinna Pætus, understanding that her husband was condemned to die, and that he was

permitted to choose the manner of his death, went to him, and having exhorted him to depart this life courageously, and bidding him farewell, gave herself a stab into the breast with a knife, she had hid for that purpose under her clothes; then drawing the knife out of the wound, and reaching it to Pætus, she said, "Vulnus quod feci, Pæte, non dolet, sed quod tu facies:" *The wound I have made, Pætus, smarts not; but that only which thou art about to give thyself.*" Whereupon Martial wrote the following epigram:

When Arria to her husband gave the knife,
Which made the wound whereby she lost her life,
"This wound, dear Pætus, grieves me not," quoth she,
"But that which thou must give thyself grieves me."

But speaking of the charm and force of virtuous love, our thoughts naturally turn to that brilliant display of it exhibited by lady Ackland.

Lady Harriet Ackland had accompanied her husband to Canada in the beginning of the year 1776. In the course of that campaign she had traversed a vast extent of country, in different extremities of season, and with difficulties that an European traveller will not easily conceive, to attend, in a poor hut at Chamblu, upon his sick bed. In the opening of the campaign of 1777, she was restrained from offering herself to share the fatigue and hazard expected before Ticonderoga, by the positive injunctions of her husband. The day after the conquest of that place, he was badly wounded; and she crossed the Lake Champlain to join him. As soon as he recovered, lady Harriet proceeded to follow his fortunes through the campaign; and at Fort Edward, or at the next camp, she acquired a two-wheel tumbril, which had been constructed by the artificers of the artillery, something similar to the carriage used for the mail upon the great roads of England. Major Ackland commanded the British grenadiers, which were attached to general

Fraser's corps; and consequently were always the most advanced part of the army. Their situations were often so alert, that no person slept out of his clothes. In one of these predicaments, a tent, in which the major and lady Harriet were asleep, suddenly took fire. An orderly serjeant of grenadiers, with great hazard of suffocation, dragged out the first person he caught hold of. It proved to be the major. It happened, that in the same instant, lady Harriet, unknowing what she did, and perhaps not perfectly awake, providentially made her escape, by creeping under the walls of the back part of the tent. The first object she saw, upon the recovery of her senses, was the major on the other side, and in the same instant again in the fire in search of her. The serjeant again saved him, but not without his being very severely burned in his face and different parts of the body. Every thing they had with them in the tent was consumed. This accident happened a little time before the army passed the Hudson River. It neither altered the resolution nor the cheerfulness of lady Harriet; and she continued her progress, a partaker of the fatigues of the advanced corps. The next call upon her fortitude was of a different nature, and more distressful, as of longer suspense. On the march of the 13th, the grenadiers being liable to action at every step, she had been directed by the major to follow the route of the artillery and baggage, which was not exposed. At the time the action began, she found herself near a small uninhabited hut, where she alighted. When the engagement was becoming general and bloody, the surgeons of the hospital took possession of the same place, as the most convenient for the first care of the wounded. Thus was this lady in hearing of one continued fire of cannon and musketry for four hours together, with the presumption, from the post of her husband at the head of the grenadiers, that he was in the most exposed part. She had three female companions, the baroness of Reidesel and the wives of two British officers, major Harnage, and lieutenant Reynell; but in the event, their presence served little for comfort. Major Harnage was soon brought

to the surgeons, very badly wounded; and, a little time after came intelligence that lieutenant Reynell was shot dead. Imagination will want no help to figure the state of the whole group. From this time to the 7th of October, lady Harriet, with her usual serenity, stood prepared for new trials; and it was her lot that their severity increased with their numbers. She was again exposed to the hearing of the whole action, and, at last, received the shock of her individual misfortune mixed with the intelligence of the general calamity; the troops were defeated, and major Ackland, desperately wounded, was taken prisoner. The day of the 8th was passed by lady Harriet and her companions in common anxiety; not a tent nor a shed being standing, except what belonged to the hospital, their refuge was among the wounded and dying. When the army was upon the point of moving, after the halt described, I received, says the officer who has recorded the events, a message from lady Harriet, submitting to my decision a proposal (and expressing an earnest solicitude to execute it, if not interfering with my designs) of passing to the camp of the enemy, and requesting general Gates' permission to attend her husband. Though I was ready to believe (for I had experienced) that patience and fortitude, in a supreme degree, were to be found, as well as every other virtue, under the most tender forms, I was astonished at this proposal. After so long an agitation of the spirits, exhausted not only for want of rest, but absolutely want of food, drenched in rains for twelve hours together, that a woman should be capable of such an undertaking, as delivering herself to the enemy, probably in the night, and uncertain of what hands she might first fall into, appeared an effort above human nature. The assistance I was enabled to give was small indeed; I had not even a cup of wine to offer her; but I was told she had found from some kind and fortunate hand, a little rum and dirty water. All I could furnish to her was an open boat, and a few lines, written upon dirty paper, to general Gates, recommending her to his protection. Mr. Brudnell, chaplain to the artillery, readily undertook to accompany her; and

with one female servant, and the major's valet-de-chambre, (who had a ball which he had received in the last action then in his shoulder,) she rowed down the river to meet the enemy; but her distresses were not yet at an end. The night was advanced before the boat reached the enemy's out-posts; and the sentinel would not let it pass, nor even come on shore. In vain Mr. Brudnell offered the flag of truce, and represented the state of the extraordinary passenger. The guard, apprehensive of treachery, and punctilious to their orders, threatened to fire into the boat if it stirred before day-light. Her anxiety and suffering were thus protracted through seven or eight dark and cold hours, and her reflections upon that first reception could not give her very encouraging ideas of the treatment she was afterwards to expect. But it is due to justice to say, that she was received and accommodated by general Gates with all the humanity and respect that her rank, her merit, and fortune deserved.

Happy they! the happiest of their kind,
Whom *gentler stars unite*, and in one fate
Their hearts, their fortunes, and their beings blend.
'Tis not the coarser tie of human laws
Unnat'ral oft, and foreign to the mind,
That binds their peace, but harmony itself
Attuning all their passions into *Love*.

THOMSON.

"It is this," says Lavater, "which has sweetened every bitter of my life; this has alone supported me, when the sorrows of a wounded heart wanted vent.—When my best endeavours were rejected, when the sacred impulse of conscious truth was ridiculed, hissed at and despised, the tear of sorrow was ever wiped away by the gentle, tender, and affectionate address of a female mind, who has an aspect like that of unpractised virginity, which felt, and was able to efface each emo-

tion, each passion in the most concealed feature of her husband's countenance, and by endearing means, without what the world would call beauty, always shone forth in countenance heavenly as an angel."

Serene in virgin modesty she shines,
And unobserved the glorious orb declines.
Oh blest with temper, whose unclouded ray
Can make to-morrow cheerful as to-day:
She who ne'er answers till a husband cools,
Or if she rules him, never shows she rules;
Charms by accepting, by submitting sways,
Yet has her humour most, when she obeys.

POPE.

How delightful that sentiment, which, even in advanced life, inspires a passion perhaps more profound than it excites even in youth; a passion which collects into the soul all that time has robbed from the senses, and stripping life, in its last stages, of all gloom, unsociability and indifference, secures us the happiness of meeting death in those arms which sustained our youth, and entwined us in the ardent embraces of love.

O the sweet powerful influences of love! It is this that unites the interests as well as the hearts of lovers, and gives to each the joys and felicities of the other.—And it is this which induces the delicate lady to forget better days, and to smile in poverty, and toil with the husband whom she loves. What charm then under HEAVEN can excel this noble passion? No pleasures are comparable to those that affect the heart, and there are none that affect it with such exquisite delight, as loving and being beloved by a worthy object. Ask the husband who is blest with an amiable wife, and he will tell you that the most delicious feeling his heart ever experienced were those of virtuous love.

Go gentle gales and bear my sighs along!
The birds shall cease to tune their evening song;
The winds to breathe, the waving woods to move,
And streams to murmur, *ere I cease to love.*

POPE.

Love is a vice only in vicious hearts. Fire, though the purest of all substances, will yet emit unwholesome and noxious vapours when it is fed by tainted matter; so love, if it grows in a vicious mind, produces nothing but shameful desires and criminal designs, and is followed with pain, vexation and misery. But let it rise in an upright heart, and be kindled by an object adorned with *virtue*, it is safe from censure.

Sweet is the breath of morn, her rising sweet,
With charm of earliest birds; pleasant the sun
When first on this delightful land he spreads
His orient beams, on herb, tree, fruit and flow'r,
Glist'ning with dew; fragrant the fertile earth
After soft showers; and sweet the coming on
Of grateful evening mild: then silent night
With this her solemn bird; and this fair morn,
And these the gems of heav'n, her starry train.
But neither breath of morn, when she ascends
With charm of earliest birds; nor herb, fruit, flow'r
Glist'ning with dew; nor fragrance after show'rs;
Nor grateful evening mild; nor silent night
With this her solemn bird; nor walk by moon
Or glittering star-light, *without thee is sweet.*

MILTON.

In propitious love the heart beats with joy; vivacity cheers the countenance, the eye is brilliant, society is courted, and all the benevolent affections are indulged. But disappointed love, on the other hand, is extremely detrimental. It depresses the spirits, enfeebles digestion, takes away the appetite, banishes sleep, and not unfrequently produces insanity. History affords many instances of mental derangement from *disappointed love.* The following affecting cases deserve to be mentioned.

A German lady of great beauty and accomplishments, having married a Hessian officer who was ordered to *America*, and not being able to acquire any tidings of him in her own country, came over to *England.* Here, she could only learn the destiny of her husband from those ships which had either transported troops to the continent, or were bringing back the wounded. Day after day she wandered on the beach at *Portsmouth*, and hour after hour she wearied her eyes, bedewed with tears, in the vain expectation of seeing him. She was observed at the same spot, ere it was light, and watched each motion of the waves until the setting sun.—Then her haunted imagination presented him mangled with wounds, and the smallest gust of wind seemed to threaten her with an eternal separation. After eight months spent in this anxious manner, she received the melancholy pleasure, that a vessel bringing some wounded Hessian officers was arrived. She kept at some distance, for fear of giving too great a shock to her husband's feelings, should he be among them. He was landed with others: she followed to the tavern.—When she entered the room, he burst into a flood of tears. A lady was supporting him in her arms. What words or painter could represent the tragedy that followed? He had married in America, and this person was also his wife. He entreated for "*pardon*"—was past reproach, for in a few minutes after he sunk into the arms of death. The lady, whose melancholy history we are recording, rushed from the room, and leaving her clothes and money at her lodging, she wandered, she knew not whither, vowing, "that she

would never enter house more, or trust man." She stopped at last near Bristol, and begged the refreshment of a little milk. There was something so attractive in her whole appearance, as soon produced her whatever she requested. She was young, and extremely beautiful; her manners graceful and elegant, and her countenance interesting to the last degree. She was alone, a stranger, and in extreme distress; she asked only for a little milk, but uttered no complaint, and used no art to excite compassion. Her dress and accent bore visible marks that she was a foreigner of superior birth. All the day she was seen wandering in search of a place to lay her wretched head; she scooped towards night a lodging for herself in an old hay stack. Multitudes soon flocked around her, in this new habitation, attracted by the novelty of the circumstance, her singular beauty, but, above all, the suddenness of her arrival. French and Italian were spoken to her, but she appeared not to understand these languages; however, when she was accosted in German, she evidently appeared confused; the emotion was too great to be suppressed, she uttered some faint exclamations in our tongue, and then, as if hurried into an imprudence, she attempted to be also without knowledge of this language. Various conjectures were instantly formed, but what seemed passing strange, was, her acceptance of no food, except bread or milk, and that only from the hands of females. On the men she looked with anger and disdain, but sweetly smiled, as she accepted any present from the other sex. The neighbouring ladies remonstrated with her on the danger of so exposed a situation, but in vain; for neither prayers nor menaces could induce her to sleep in a house.

Beneath a stack Louisa's dwelling rose,
Here the fair maniac bore four winter's snows;
Here long she shiver'd, stiff'ning in the blast,
And lightnings round her head their horrors cast,
Dishevell'd, lo! her beauteous tresses fly,
And the wild glance now fills the staring eye,

The balls fierce glaring in their orbits move,
Bright spheres, where beam'd the sparkling fires of love.

It may gratify the reader to learn, that it has been ascertained since her death, that this fair sufferer was the *natural daughter* of the Emperor Francis of Germany.

In W——, a small village in Saxony, there lived a poor, but honest and upright curate, who for many years had enjoyed, without alloy, the tranquil pleasures of domestic happiness. He had a wife, and an only child, a daughter. Content in the sphere wherein they were placed, and unacquainted with the turbulent passions of the fashionable world, their days flowed quietly on in an uniform course of undisturbed felicity. The mother and daughter took a joint care of all the domestic concerns, and strove, by every act of attention and love, to diminish the burthen which the duties of the good old man imposed on him. Harriet, this was the name of his daughter, was, in the strict sense of the word, the child after his own heart. He was unhappy if she was absent even for a few hours; she was, therefore, his constant attendant. She was about eighteen years old, but had not yet experienced the inquietudes of that passion, which often exhibits itself in very early life in the great world, and her principles and mode of thinking were too noble and good to inspire her parents with even the slightest apprehensions as to the wanderings of her heart. But hear her history. Far different from the condition of the *Americans*, the Saxons are obliged, in time of peace, to receive the king's cavalry, which are quartered in different villages, where it is maintained at the expense of the poor *peasantry*. Most of the soldiers are riotous young men, who, by virtue of their profession and uniform, obtain entrance into the houses of all the peasantry, and even of the curates, to the great corruption of the innocent and virtuous manners of the country people. One of them, a handsome, but giddy young man, was quarteerd at W——, where he soon made the acquaintance

of the good old parson. The young soldier had more culture of mind than is usually met with in such a class of men. He pleased the curate, who often invited him to the parsonage, and listened with pleasure to the histories of his battles, and warlike achievements.

The tender-hearted HARRIET found great entertainment in the company of the young warrior, and like OTHELLO's mistress, the story of his life, *the battles, sieges, fortunes that he had passed, the hair-breadth 'scapes, the moving accidents by flood and field,* won her heart. Love had taken possession of her bosom, before she was aware of its approach. She blushed when he took her by the hand, and was unhappy when he left her. The soldier could not resist the beautiful girl, for his heart was formed for love; they therefore soon came to an explanation of their mutual passion, which, for the present, they agreed to conceal from their parents, for fear that prudential motives would cause them to oppose it. They bound themselves to each other, however, by an oath, which, at the same time that it showed the strength of their affection, exhibited the most romantic turn of mind. They promised to marry as soon as he could attain the rank of serjeant-major, and agreed *that the one should destroy the other, who first failed in the engagement.* Thus matters stood, when, contrary to the wishes of the lovers, a lawyer from a neighbouring town applied to the father of HARRIET for the hand of his daughter. He was well received, and his views promoted by the old people; but when his intention was declared to the unfortunate girl, she fell into the arms of her father, as if struck with lightning, and, on her recovery, wept bitterly, entreating them not to encourage the addresses of this new lover. Her parents, being ignorant of the true cause of her aversion, thought that time would soon overcome it, and therefore gave their solemn promise to the lawyer to second his wishes. HARRIET, however, resisted every argument, and remained true to her promise; but her parents at last growing tired of her opposition, determined to employ their authority, which at last prevailed. The young sol-

dier soon received the intelligence, and instantly formed this desperate resolution, for without his lovely Harriet he could not live. A short time before the marriage-day, a dance was given in W——, in honour of the pair. To this he resorted, unable any longer to resist the desire of seeing once more his beloved. He concealed himself among the spectators until he saw her dance; this roused him to a state of fury; he ran home, took a pair of loaded pistols, and waited until the party broke up. It was a dark night, but he discerned the unhappy bride intended, and her bridegroom, walking hand in hand. He stepped up to her, and in a low voice, requested that she would indulge him with a moment's conversation. She disengaged her arm from that of the lawyer, intreated him to walk on, assuring him she would immediately return: but, alas! she was to return no more! A pistol was heard, and when her trembling friends reached the place, they found her weltering in blood, at the feet of her murderer. "Now art thou mine again," cried the soldier, in tones of horrid joy, and fled, but not to escape. He delivered himself to the officers of justice, and begged to be instantly executed, which event, indeed, soon followed.

Learn parents, from this story, the danger of interfering with your children's affections in so serious an affair as marriage: for as Shakspeare observes:

Marriage is sure a matter of more worth
Than to be subject for attorneyship;
For what is wedlock forced, but a hell,
An age of discord and continual strife?
Whereas the contrary bringeth forth bliss,
And is a pattern of celestial peace.

The most dangerous effects of love is *jealousy;* that passion, in its nature terrible, even when it is not excited by love, renders the soul frantic, when all the affections of the heart are combined with the most acute sentiments of self-love. Love is not the only ingredient

of jealousy, as it is of the regret we feel when we ceased to be loved. Jealousy inspires the thirst of vengeance; regret inspires only the wish to die! Jealousy is a more painful situation, because it is composed of conflicting sensations, and because it is discontented with itself. It repents of the past; it preys upon itself; and the pain it occasions, is supportable only when it sinks into melancholy.

Bonaventur, sitting at a table, and looking earnestly upon a beautiful woman there present, was asked by her husband, why he so gazed? He answered, "That he admired the excellency of the Creator by contemplating the beauty of the creature; and that if mortals were so amiable, how lovely should we be at the resurrection." This was an example, saith Boschier, that was rather to be admired than imitated; suitable to the golden age, and not this present iron age of the world, wherein jealousy may be compared to the Indian arrows, so envenomed, that if they prick the skin it is very dangerous, but if they draw blood, it is irrecoverably death: the first motions that rise from this root of bitterness have their evil effects; but where the disease is improved, it empoisons all our comforts, and throws us headlong into the most tragical resolutions.

Hippocrates, the father of medicine, had a smack of this disease; for when he visited Abdera, and some other remote cities of Greece, he wrote to his friend Dionysius to oversee his wife in his absence, although she lived in his house with her father and mother, who, he knew would have a care of her; yet that would not satisfy his jealousy, he would have his especial friend Dionysius to dwell in his house with her all the time of his peregrination, and to observe her behaviour, how she carried herself in her husband's absence; "for a woman had need to have an overseer," saith he, "to keep her honest; they are bad by nature, and lightly given, and if not curbed in time, as an unpruned tree, they will be full of wild branches."

A rich man of Basil fell into a cruel jealousy of his wife, a virtuous person, upon this slight occasion: he had thrown off a pair of silk garters, because they were grown old, and, as he thought, no longer fit for his wear: his wife took them up, and in his presence gave them to a servant who chanced then to be present. The servant thankfully received them, and fitted them to his legs. Upon which the jealous husband thought all that was ill of his wife, and the devil increasing his unjust suspicion, upon a Sunday, while the rest of his family were at church, he rushes upon his wife with his drawn sword, accuses her of adultery, and, without hearing her reply, immediately slew her. The murder was scarce committed, when, repenting of what he had done, he was seized with such extremity of sorrow, that he grew weary of his life. He therefore wrote down, "that by the instigation of Satan, moved with false suspicions, he had murdered his innocent wife;" and, having tied this note to his left arm, he threw himself headlong from the top of his house into the street, by which fall he died.

The Marquis of Astorgas, of the family of Osorio, indulged himself in an illicit intercourse with a most beautiful young woman. His wife, on being informed of his intrigue, went immediately to the house where her husband's mistress lived, and murdered her in the most cruel manner. She tore her heart from her bosom, and took it home, ordered it to be hashed and served up to her husband for dinner.

After he had eaten of it, she asked him if it was good? and, on his answering yes, she said, she was not in the least surprised, for it was the heart of his mistress, whom he so dearly loved. At the same time, she drew from a cupboard, the bleeding head of his murdered favourite, and rolled it on the table, at which this unhappy lover was sitting with his friends.

His wife immediately departed, and took refuge in a convent, where she soon afterwards went mad with rage and jealousy.

Earth has no rage like love to hatred turn'd,
Nor hell a fury like a woman scorn'd.

DRYDEN.

The power of beauty is universally acknowledged; it hath been the object of love and admiration in all times and among all nations. But, alas! what is beauty without the graces of *virtue!* We soon see to the bottom of such shallow goods, and consequently must experience a decay of that admiration and affection which constitutes happiness in the first degree. But to no such mortifying disappointment is he liable, who bestows his love on an object in which are concentered all the charms of beauty and all the graces of virtue.

In Italy there grows an herb; they call it the Basilisco: it is sweet-scented enough; but, withal, it hath this strange property, that being laid under a stone in a moist place, in a few days it produces a scorpion. Thus, though the woman, in her first creation, was intended as a help for man, the partner of his joys and cares, the sweet perfume and relish of his days throughout his whole pilgrimage; yet there are some so far degenerated from their primitive institution, though otherwise of exterior beauty and perfection enough, that they have proved more intolerable than scorpions, not only tormenting the life, but hastening the death of their too indulgent husbands.

The noble Pittacus, so famous for his valour, and as much renowned for his wisdom and justice, feasted upon a time certain of his friends, who were strangers. His wife coming in at the midst of the dinner, being angry at something else, overthrew the table, and tumbled down all the provision under foot. At which, when his guests were wonderfully abashed, Pittacus, turning to them, said, "There is not one of us all but he hath his cross, and one thing or other wherewith to exercise his patience; and, for my own part, this is the only thing

that checketh my felicity; for were it not for this shrew, my wife, I were the happiest man in the world: so that of me these verses may be verified:

This man, who while he walks the street,
Or public place, is happy thought,
No sooner sets in house his feet,
But woe is him, and nought for nought;
His wife him rules, and that's a spight,
She scolds, she fights, from noon to night."

Joan, grandchild to Robert, King of Naples, succeeded her grandfather in the kingdom of Naples and Sicily; a woman of beautiful person, and rare endowments of nature. She was first married to her cousin Andrew, a prince of royal extraction; and of a sweet and loving disposition; but he not being able to satisfy her wantonness, she grew weary of him, and caused him to be strangled in the night, and then threw out his corpse into a garden, where it lay some days unburied. It is said, her husband on seeing her twisting a thick string of silk and silver, asked for what purpose she made it; she answered, " to hang you in," which he then little believed; the rather, because those who intend such mischief, use not to speak of it before-hand; but it seems she was as good as her word.

There is no vice whatever that is very easy to overcome; but that of the lust of the flesh seems to have a peculiar difficulty in the conquest of it. But, how much the more strong, therefore, the enemy is, and the more intimate and familiar he is with us, the more noble is the victory, and the conquest more glorious.

Scipio had taken the city of New Carthage, where, besides the rest of the spoil, there were found a number of boys and girls, and the children of nobility: among the rest, one virgin was brought and presented to Scipio, whose marvellous beauty attracted the eyes of all men:

it was supposed that this would be no unacceptable present to a young general. But as soon as he had looked upon her, "I would," said he, "accept and enjoy this virgin, were I a private person, and not in such command as now I am: as it is, the republic keeps this mind of mine sufficiently employed; yet I receive her as a kind of pledge, to be by me restored and returned, where reason and humanity shall direct." He then asked the young lady of what country she was, what her birth, and who her parents? By her he understood that she was a princess, and contracted to Luceius, a young prince of her nation. The general, therefore, sent both for him and her parents: and when come, setting the lady by him, spoke thus to her spouse: "As soon as the virgin was by my soldiers brought and presented to me, I with pleasure beheld the excellency of her form, and I praised the other accomplishments of her body and mind, for nature hath not brought us forth blind and altogether indifferent of such things: love can reach even this breast of mine, but then it must be an honest one, and such as the time and my affairs will permit; though, therefore, she is mine in the right of war, I am not desirous, in the midst of arms, to play away my time in amorous dalliances: nor, perhaps, would it be just to detain from a valiant person one that is already contracted to him. I have learned thus much from her; and have, therefore, sent for thee, that I might see thee, and that I, heaven is my witness, might deliver this virgin chaste as I found her, to thee. She hath lived with me in the same caution and reservedness as if she had been with her parents; nor was it a gift worthy either of myself or thee, if either force or private fraud had made any diminution to her virtue. Receive her inviolate, and enjoy her; nor do I desire any other recompense than a cordial respect to Scipio and the Romans." The young prince was astonished for joy; the parents fell down at the feet of Scipio, and laying there a considerable weight of gold, offered it as her ransom; but he bid the young prince take it as a part of her dowry from himself, above that which her parents should give. Thus did he over-

come at once lust and covetousness; and by this one noble act of his, drew a great part of Spain to the side of the Romans; they striving with eagerness to be subject to a person of so much virtue.

A young Italian nobleman fell in love with a duchess of singular beauty, but knew not how to make her sensible of it; at length chance gave him an opportunity beyond his expectations. One evening, as he returned from hawking, he passed through the fields of the lady in question, bordering on the palace. The duke, her husband, and she were walking together as the young lord came by. The duke, seeing his train, and what game they had been pursuing, asked him some questions concerning their sport, and, being of a hospitable disposition, invited him into his palace to partake of a collation. He accepted the offer; and here commenced an acquaintance, which in time made way for an assignation between the duchess and him. Accordingly, he was let into the garden one night, and conducted privately to her chamber, where she was beforehand ready to receive him. After some compliments; "my lord," said the duchess, "you are obliged to my husband for this favour; who, as soon as you were gone from our house, the first time he saw you, gave you such commendations as made me conceive an immediate passion for you." "And is this true, madam?" demanded the young nobleman, in astonishment; "then far be it from me to be so ungrateful to my friend." With that he resumed his garments, which he had begun to throw by, and instantly took his leave.

Where shall we find one so generous and honest, so noble and divine, as that of Joseph, recorded in Holy Writ? The same arguments which a base mind would have made to itself for perpetrating the evil, namely, free trust, full power, and immediate temptation, were, to this brave, this gallant man, the greatest motives for his forbearing it. He could do it with impunity from man; but he could not affront and presumptuously offend a just, a holy, and an avenging God.

Virtue, the strength and beauty of the soul,
It pleases, and it lasts;—a *happiness*
That even above the smiles and frowns of fate
Exalts great nature's favourite;—a *wealth*
That ne'er encumbers, nor to baser hands
Can be transferred; it is the only good
Man justly boasts of, or can call *his own.*

ARMSTRONG.

There was a maid called Lucia, who lived a virgin among many others, and whose exquisite beauty was sought after with vehement solicitation, by a powerful lord, who, having command and authority in his hands, sent messengers to seize on this innocent lamb; and whilst they were at the gate menacing to kill her, and set all on fire, if this poor creature was not delivered into their hands, the maid came forth—"What is it," said she, "you demand? I beseech you to tell me whether there be any thing in my power to purchase your lord and master's love?" "Yes," answered they, "your eyes have gained him; nor ever can he have rest till he enjoy them:" "well, go then," said she, "only suffer me to go to my chamber and I will give you satisfaction in this point." The poor maid, seeing her situation, she spoke to her eyes and said: "how, my eyes, are you then guilty? I know the reservedness and simplicity of your glances; nor have I, in that kind, any remorse of conscience. But, howsoever it be, you appear to me not innocent enough, since you have kindled fire in the heart of a man whose hatred I have ever more esteemed than his love: quench with your blood the flames you have raised." Whereupon, with a hand piously cruel, she digged out her eyes, and sent the torn reliques, embrued in her blood, to him who sought her, adding, "behold what you love." He, seized with horror, hastened to hide himself in a monastery, where he remained the rest of his days.

Of all the characters under the sun, there is none so degrading to human nature as a false lover or libertine. To obtain his ends, he must become a liar, a reprobate and a *villain*.

It is reported of the cruel beast called the Hyæna, that by his exact imitation of the human voice, he draws the unwary shepherds out of their cottages, till he hath brought them within the compass of his power, and then he falls upon them with all his fierceness, and devours them. Thus it is with these brutish men, who, by pretences of love and virtue, gain the hearts of poor innocent females, till they become either masters of their fortune or honour; which done, death itself is more desirable than that bitterness and indignity, with which they treat them.

A Frenchman of note, whose name is Villars, married a young, rich, and amiable lady; but having been formerly addicted to converse with lewd women, as soon as the honeymoon was over, gave himself up to the same vicious courses, slighted and abused his wife with words and blows; forsook her bed; took away her clothes, her rings and jewels, and gave them to his mistresses; telling his wife, "He did not marry her but for her fortune, which he would spend upon these women, because he loved them, for he never had any kindness for her." All these unkindnesses his wife bore with infinite patience, in hopes to reclaim him by her modest and humble behaviour. At length, finding he had almost consumed his whole estate, he brought two of these women home to save charges, and made his wife wait upon them at table, which she did without discovering any trouble or discontent at this more than servile employment. But the more she sought to please them, the more insolent were they, insomuch that one of them commanding her to fetch some water to wash her hands and to kneel while she held the bason; the lady refusing so mean a submission, the strumpet threatened to beat her; whereupon the lady taking courage, threw the water in the hussy's face; who crying out, and the husband

coming to inquire into the reason of it, she cried out, "Oh, your wife has killed me, she has killed me, revenge my blood!" and then counterfeiting death, fell upon the ground as if she had been really dead; which the husband believing, run his wife through the body with his sword, of which wound she died immediately; upon this the vile strumpet jumped up and kissed the murderer. However they did not escape the vengeance of HEAVEN, for they were shortly after apprehended, and sentenced to be hanged; Villars as principal, and his two mistresses as accessaries, and were executed accordingly.

One John Williams married a poor idiot for the sake of a sum of money that had been left her; which when he was possessed of, he determined to shorten the life of the unhappy wife by a series of cruelty, that so he might be quit of a connexion which interest alone had made him contract. For this purpose he drove a strong staple into the wall of a closet in the room where they lodged, and to this staple he daily tied her with a rope, which he drew round her middle, her hands being fastened behind with iron handcuffs; and the little food he allowed her was laid on a shelf just within the reach of her mouth, so that if she dropped any part of it she could not recover it again. And fearing lest this treatment might not despatch her soon enough, the barbarous villain augmented his cruelty by contracting the rope that confined her, till her toes only reached the ground; and if his daughter attempted to alleviate her misery by setting a stool for her to stand on, he used to beat her unmercifully. By this treatment the poor creature became a frightful skeleton, and she was so far reduced that her stomach loathed food; which, when he perceived, the artful villain released her, loosed her hand, set meat before her, and invited her to eat with the most endearing words, with a view to skreen himself from justice; but in two days after she died. For this barbarous murder he was executed in Moorfields, amidst a numerous populace, whose resentment the villain fearing would

urge them to tear him to pieces, made him earnest with the hangman to despatch him.

The female who yields her virtue to the brutal desires of a false lover, degrades herself in his estimation, by the infidelity she commits, and his heart is cured by the contempt for her which he feels. Pride, however, in the case of such a woman, aggravates the sufferings which her love inflicts. In the eyes of a modestly bred woman, the surrender of so precious a jewel inspires a remorse and shame, when she ceases to be beloved, that constitutes the bitterest woe of life.

It is surely matter of wonder, that these *destroyers* of innocence, though dead to all the higher sentiments of virtue and honour, are not restrained by compassion and humanity. To bring sorrow, confusion, and infamy into a family; to wound the heart of a tender parent, and stain the life of a poor deluded young woman, with a dishonour which never can be wiped off, are circumstances, one would think, sufficient to check the most violent passion, in a heart the least susceptible of feeling.

Let the unhappy fate of Monimia be ever impressed on the minds of my young female readers.

——————— she flourish'd
Grew sweet to sense, and lovely to the eye,
Till at the last, the cruel spoiler came,
Cropt this fair rose, and rifled all its sweetness,
Then threw it, like a loathsome weed, away.

OTWAY.

She was the lovely and accomplished daughter of an aged and worthy country squire. A young officer, a man of birth and fashion, who lived in the neighbourhood, took advantage of the unwary disposition of this innocent girl, and afterwards cruelly deserted her. She thus addresses him:

Since language never can express my pain,
How can I hope to move when I complain?
Yet such is woman's frenzy in distress,
We love to plead, tho' hopeless of redress.
Perhaps, affecting ignorance, thou'lt say,
From whence these lines—whose message to convey?
If then you force me to avow shame,
Behold them prefaced with MONIMIA'S name.
Lost to the world, abandon'd and forlorn,
Expos'd to infamy, reproach and scorn,
To joy and comfort lost, and all for you,
And lost, perhaps, to your remembrance too;
How hard my lot! what refuge can I try,
Weary of life, and yet afraid to die!
To these reflections each slow weary day,
And each revolving night, a constant prey,
Think what I suffer, nor ungentle hear
What madness dictates in my fond despair.
Grudge not this short relief—too fast it flies!
Nor chide that weakness I myself despise.
For sure one moment is at last her due
Who sacrificed her all, for love and you.
If not of rock thy flinty heart is made,
Or tigers nursed thee in the desert shade,
These lines will sure thy cold compassion move,
Which ask but audience to an injured Love.
Tho' no return my warmer wishes find,
Be to the wretch, tho' not the mistress, kind;
Without restraint, habituate to range
The paths of pleasure, can I bear the change?

Doom'd from the world unwilling to retire,
In bloom of life, and warm with young desire;
In lieu of roofs with princely splendor gay,
Condemn'd in distant wilds to drag the day;
Yes, yes, this change I could unsighing see,
For none I mourn, but what I find in thee:
There centre all my woes; thy heart estrang'd,
I mourn my lover, not my fortune chang'd;
Blest with thy presence, I could all forget,
Nor gilded palaces in huts regret;
But exil'd thence, superfluous is the rest,
Each place the same, my hell is in my breast;
To pleasure dead, and living but to pain,
My only sense to suffer and complain.
As all my wrongs distressful I repeat,
Say, can thy pulse with equal cadence beat?
Can'st thou know peace—is conscience mute within?
That upright delegate for secret sin;
Is nature so extinguish'd in thy heart,
That not one spark remains to take my part?
Not one repentant throb, one grateful sigh?
Thy breast unruffled, and unwet thine eye?
Thou cool betrayer, temperate in ill!
Thou, nor remorse, nor thought humane can'st feel:
Born in an age, when guilt and fraud prevail,
When justice sleeps, and int'rest holds the scale;
Thy loose companions, a licentious crew,
Most to each other, all to us, untrue;
Who, indigent of honour as of shame,
Glory in crimes, which others blush to name.

These are the leaders of thy blinded youth,
These vile seducers laugh thee out of truth;
Whose scurril jests all solemn ties profane,
Or Friendship's band, or Hymen's sacred chain.
With such you lose the day in false delight,
In lewd debauch you revel out the night.
(O fatal commerce to MONIMIA's peace,)
Their arguments convince because they please;
Whilst sophistry for reason they admit,
And wander dazzled in the glare of wit.
Oft I revolve, in this distracted mind,
Each word, each look, that spoke my charmer kind;
But oh! how dear their mem'ry I repay!
What pleasures past, can present cares allay?
Of all I love *for ever* dispossess'd;
Ah! what avails, to think I once was bless'd!
Thy fatal letters, O immoral youth,
Those perjur'd pledges of fictitious truth,
Dear as they were, no second joy afford,
My cred'lous heart once leap'd at ev'ry word,
My glowing bosom throbb'd with thick-heav'd sighs,
And floods of rapture rush'd into mine eyes:
When now repeated (for the theft was vain,
Each treasur'd syllable my thoughts retain,)
Far other passions rule, and diff'rent care,
My joys are grief, my transports are despair.
Why dost thou mock the ties of constant love?
But half its joys the faithless ever prove;
They only taste the pleasures they receive,
When, sure, the noblest is in those we give.

Acceptance is the heaven which mortals know,
But 'tis the joy of heaven to bestow.
Oh! emulate, my love, that task divine,
Be thou that angel, and that heaven be mine.
Yes, yet relent, yet intercept my fate;
Alas! I rave, and sue for new deceit.
First vital warmth shall from the grave return,
Ere love extinguish'd, with fresh ardor burn;
Oh! that I dar'd to act a Roman part,
And stab thy image in this faithful heart;
There riveted to live, secure you reign,
Ah! cruel inmate, sharp'ning every pain;
While, coward-like, irresolute, I wait
Time's tardy aid, nor dare to rush on fate;
Perhaps may linger on life's latest stage,
Survive thy cruelties, and fall by age;
No—*Grief shall spread my sails, and speed me o'er,*
(*Despair my pilot*) *to that quiet shore,*
Where I can trust, and thou betray no more.
'Tis past—'tis done—what gleam of hope behind,
When I can ne'er be false, nor thou be kind?
Why then this care—'tis weak—'tis vain—*farewell;*
At that last word what agonies I feel!
I *faint*—I *die*—remember I was true—
'Tis all I ask—*eternally*—*adieu.*

OF HOPE.

"Hope springs immortal in the human breast,
Man never is, but always to be blest.
O Happiness, our being's end and aim,
Good, Pleasure, Ease, Content, what'er thy name:
That something still, which prompts the eternal sigh,
For which we bear to *live*, or dare to *die*."

Pope.

Hope is the anticipation of joy, or the presentiment of an expected good. It is attended with all the favourable effects of a fortunate event, without possessing any of its physical advantages; because the expectation of happiness does not affect us so excessively as its enjoyment. Besides, it is not liable to those interruptions, from which no human pleasure is exempt; it is employed principally with ideal or imaginary objects, and generally keeps within the bounds of moderation; lastly, the sense of happiness contained in hope, far exceeds the satisfaction received from immediate enjoyment, consequently it has a more beneficial influence on health, than good fortune realized. Although hope is in itself only ideal, and presents its flattering images to the fancy in a borrowed light, yet it is nevertheless the only genuine source of human happiness.

With thee, sweet Hope! resides the Heav'nly light,
That pours remotest rapture on the sight:
Thine is the charm of life's bewilder'd way,
That calls each slumb'ring passion into play.
Wak'd by thy touch, I see the sister band,
On tiptoe watching, start at thy command,
And fly where'er thy mandate bids them steer,
To Pleasure's path, or Glory's bright career.

Campbell.

The poet Hesiod tells us, that the miseries and calamities of mankind were included in a great tun; that Pandora took off the lid of it, sent them abroad, and they spread themselves in great quantities over all lands and seas; but at this time,

Hope only did remain behind, and flew not all abroad,
But underneath the utmost brim and ledge it still abode.

And this is that which is our principal antidote, which keeps our hearts from bursting under the pressure of evils; and that flattering mirror that gives us a prospect of greater good. Hence some call it the manna from heaven, that comforts us in all extremities; others, the pleasant and honest flatterer, that caresses the unhappy with expectation of happiness in the bosom of futurity. When all other things fail us, Hope stands by us to the last. Hope gives freedom to the captive, when chained to the oar; health to the sick, while death grins in his face; victory to the defeated; and wealth to the beggar, while he is craving alms.

Primeval Hope, the Aonian Muses say,
When Man and Nature mourn'd their first decay;
When every form of death, and every woe,
Shot from malignant stars to earth below;
When Murder bared her arm, and rampant War
Yok'd the red dragons of her iron car;
When Peace and Mercy, banish'd from the plain,
Sprung on the viewless winds to Heav'n again;
All, all forsook the friendless guilty mind,
But Hope, the charmer, linger'd still behind.

CAMPBELL.

A very notable case of the influence of Hope on the human body, and its maladies, is recorded in the history

of the long siege of Breda, in 1625, by a physician, eye-witness to the fact.

The garrison, depressed by fatigue, poisoned by bad provisions, and dying rapidly of the scurvy, were on the point of giving up the town. The Prince of Orange, anxious to prevent its loss, contrived letters to the garrison, promising them speedy assistance. These were accompanied with newly discovered medicines against the scurvy, of a most extraordinary price, but still more extraordinary efficacy. To each physician were given three small vials, filled with drops of such sovereign power, *that four drops were sufficient to impart a healing virtue to a gallon of liquor.* We now, says the physician, who was one of the eye-witnesses of this curious fact, began to display our wonder-working balsams. Nor were even the commanders let into the secret of the cheat upon the soldiers. All who had the scurvy crowded around us to take their doses. Cheerfulness again appears in every countenance, and the *universal faith* prevails in the sovereign virtues of the remedy. The effect of this delusion was truly astonishing. Many who had not moved their limbs for a month before, were seen walking the streets erect and perfectly cured. Many, who declared they had been rendered worse by all former remedies, recovered in a few days, to their inexpressible joy, and the no less general surprise, by their taking, what we affirmed to be, their *gracious Prince's cure.*

"This curious relation," adds Dr. Lind, "would hardly perhaps gain credit, were it not in every respect consonant to the most accurate observations, and best attested description of that disease. It is given us by an eye witness, an author of great candour and veracity, who, as he informs us, wrote down every day the state of his patients, and seems more to be surprised with their unexpected recovery, than he probably would have been, had he been acquainted with the nature of this surprising malady. An important lesson in physic," adds this excellent writer, "is hence to be learned; the won-

derful influence of the passions of the mind on the state and disorders of the body. This is too often overlooked in the cure of disorders, many of which are sometimes attempted by the sole mechanical operation of drugs, without calling into our assistance the strong powers of the imagination, or the concurring influences of the soul. Hence it is, that the same remedy will not always produce the same effect, even in the same person; and that common remedies often prove wonderfully successful in the hands of men not of the faculty, which do not answer the purpose in a timorous and distrustful patient.

A certain Rhodian, for his over freedom in speech, was cast by a tyrant into a cage, and there kept as a wild beast, to his great pain and shame: for his hands were cut off, his nostrils slit, and his face deformed by several wounds upon it. In this extremity, he was advised by some of his friends to shorten his life by a voluntary abstinence from all food. But he rejected their counsel with great indignation; and told them, "While a man is alive, all things are to be hoped for by him."

Cease, every joy, to glimmer on my mind,
But leave—oh! leave the light of Hope behind!
What, though my winged hours of bliss have been,
Like angel-visits, few and far between!
Her musing mood shall every pang appease,
And charm—when pleasures lose the power to please!

CAMPBELL.

OF JOY.

PLEASURES are ever in our hands or eyes;
And when, in act, they cease, in prospect, rise;
Present to grasp, and future still to find,
The whole employ of body and of mind.
All spread their charms, but charm not all alike;
On diff'rent senses, diff'rent objects strike;
Hence diff'rent Passions more or less inflame,
As strong or weak, the organs of the frame;
And hence one MASTER PASSION in the breast,
Like Aaron's serpent, swallows up the rest.

POPE.

Joy is that state of mind, in which it feels extraordinary pleasure. The activity of the whole machine is enlivened; the action of the heart and arteries is increased; the circulation of all the fluids is more vigorous and uniform; it prevents the formation of disease, and facilitates the cure of such as are formed.

Pope Julius the second, receiving information of auxiliary forces that were coming to him from the king of Spain, to make an end of the Farrarian war, was so exceedingly rejoiced at it, that he was presently relieved of a fever, with which he was afflicted for some time.

Askew, a wealthy and facetious farmer of Cornwall, was afflicted with a most alarming imposthumation, of which he appeared to be on the very point of suffocation. Concluding, from his agonies, that he had but a few moments to live, his servants, an ungrateful crew to such a generous a master, began to plunder. One seized his gold watch, another laid violent hands on his plate; and the third, more daring still, broke his bureau, and began to finger his gold. A monkey, who was present, seeing what they were about, and thinking he might as well take a hand in the game, laid hold of his master's wig, and with his gold-headed cane, made him

a low bow, and began to walk about the room as a man of great consequence. The stately steppings and self-assumed dignity of Jacko, so tickled the fancy of Mr. Askew, as to excite a most immoderate fit of laughter. The imposthumation burst, the purulent matter was thrown up—and, to the eternal confusion of his servants, Mr. Askew perfectly recovered his health.

Ptolemeus Philadelphus had received the sacred volumes of the law of God, newly brought out of Judea; and, while he held them with great reverence in his hands, praising God upon that account, all that were present made a joyful exclamation; and the king himself was so overjoyed, that he broke out into tears. Nature having so ordered it, that the expression of sorrow should also be the follower of extraordinary joys.

The Egyptian Temples, they say, were exceedingly beautiful and fair in the frontispiece, but foul and filthy inwardly. So this affection of joy, which seems outwardly so pleasant upon us, and which furnishes our hearts with much pleasure and delight, proves fatal to us in the excess of it, and serves us much after the manner of ivy, which seemeth to adorn the tree whereunto it cleaveth, but indeed sucketh out and stealeth away the sap thereof.

A gentleman, at a sermon, saw a woman fall from her seat half asleep; at which most of the congregation laughed; but he was so much moved, that for three days he did nothing but laugh, by which means he was much weakened, and continued in an infirm state of body for a long time after.

Cardanus, in the fifth book of Wisdom, gives an instance of the danger of this passion when it exceeds its due bounds, in a smith of Milan, a fellow citizen of his, who being highly commended for refining an instrument called the colea, heretofore made use of by Archimedes, out of extreme joy, ran mad.

Philemon, a comic poet, beholding an ass eating some figs that a boy had laid down; when the boy returned, "go now," said he, "and fetch the ass some drink;" the old man was so tickled with the fancy of his own jest, that he died laughing. In the same manner, and much upon the same occasion, died Chrysippus.

The same is related of one of the Popes, who, when he was ill, saw a monkey at his bed side put on the holy tiara.

Philippides, a comic poet in Athens, being arrived to a great age, when in the contest and trial of poets, he, beyond all his hopes, had the victory adjudged to him, and not able to bear the great joy it excited, he suddenly fell down and died.

Captain Coucy, a gallant gentleman of ancient extraction, in France, and governor of Coucy castle, fell in love with a young lady, and courted her. There was reciprocal love between them; but her parents understanding it, by way of prevention, shuffled up a forced match between her and one Mr. Fayel, who was heir to a great estate. Hereupon, captain Coucy quitted France in discontent, and went to the wars in Hungary against the Turks, where he received a mortal wound near Buda. Being carried to his lodgings, he languished four days: but a little before his death, he spoke to an ancient servant, of whose fidelity and trust he had had ample experience, and told him he had a great business to trust him with, which he conjured him to perform; which was, that after his death, he should cause his body to be opened, take out his heart, put it into an earthen pot, and bake it to powder; then put the powder into a handsome box, with the bracelet of hair he had long worn about his left wrist, which was a lock of Madame Fayel's hair, and put it amongst the powder, together with a little note which he had written with his own blood: and after he had given him the rites of burial, to make all the speed he could to France, and deliver the

box to Madame Fayel. The old servant did as his master commanded him, and so went to France; and coming one day to Monsieur Fayel's house, he suddenly met him with one of his servants; who, knowing him to be captain Coucy's servant, examined him; and finding him timorous and to faulter in his speech, he searched him, and found the said box in his pocket, with the note which expressed what was in it; then he dismissed the bearer, with menaces that he should come no more thither. Monsieur Fayel going in, sent for his cook, and delivered him the powder, charging him to make a well relished dish of it, without losing a jot, for it was a very costly thing; and commanded him to bring it in himself after the last course at supper. The cook bringing in his dish accordingly, Monsieur Fayel commanded all to avoid the room, and began a serious discourse with his wife; "That ever since he had married her, he observed she was always melancholy, and he feared she was inclining to a consumption, therefore, he had provided a very precious cordial, which he was well assured would cure her," and for that reason obliged her to eat up the whole dish. She afterwards much importuning him to know what it was, he told her at last, "she had eaten Coucy's heart;" and so drew the box out of his pocket and showed her the note and bracelet. In a sudden exultation of joy, she with a deep-fetched sigh, said, "This is a precious cordial indeed;" and so licked the dish, saying, "It is so precious, that it is a pity ever to eat any thing after it." Whereupon she went to bed, and in the morning was found dead. This sad story is painted in Coucy castle, and remains fresh to this day.

When the Romans were overcome by Hannibal at the battle of Thrasymene, and the news of that calamity was brought to them, the anxious and solicitous multitude flocked to the gates, as well women as men, to hear what became of their friends: various were the affections of inquirers according as they were certified of the life or death of their relations; but both the sorrow and joy of the women exceeded that of the men. Here it

was that one woman meeting at the gate with her son in safety, whom she had given up for dead, died in his arms as she embraced him. Another hearing, though falsely, that her son was slain, kept herself within doors in great sorrow and perplexity: when unexpectedly she saw him come in; this first sight of him caused such excessive joy as to deprive her immediately of life.

If we have anticipated any joyful events, the body is gradually prepared to undergo the emotions connected with it. For this reason we ought to fortify ourselves with the necessary share of firmness, to meet joyful as well as disastrous tidings.

Habitual joy arising from the perfection, rectitude, and due subordination of our faculties; and their lively exercise on the most worthy object, as the love of God, and the practice of virtue; constitutes mental or rational happiness.

A soul in commerce with her God, is heav'n;
Feels not the tumults and the shocks of life;
The whirls of passions and the strokes of heart.
A deity believed, is joy begun;
A deity adored, is joy advanced;
A deity beloved, is joy matured.

YOUNG.

OF GRIEF.

It is the great art of life to manage well
The restless mind. For ever on pursuit
Of knowledge bent, it starves the grosser powers
Quite unemployed, against its own repose
It turns its fatal edge, and sharper pangs
Than what the body knows, embitter life.
Chiefly where solitude, the nurse of care,
To sickly musing gives the pensive mind,
There madness enters; and the dim-eyed fiend,
Sour melancholy, night and day provokes
Her own eternal wound.————————

ARMSTRONG.

GRIEF, like a poison, corrodes the powers of the mind and body; it enfeebles the whole nervous system; the heart beats slower; the circulation of the blood, and other fluids, become more inert; the appetite and digestion become vitiated, and thus arise obstructions and other distressing complaints. Tears are the anodynes of grief, and ought, therefore, not to be restrained. They have a tendency to prevent the danger to be apprehended from grief, by diminishing the spasmodic motions in the breast and head; and by restoring regularity in respiration, as well as in the circulation of the blood.

A widow lady was left in narrow circumstances with a boy and girl, two beautiful and lively children, the one six, and the other seven years of age; as her circumstances allowed her to keep but one maid servant, these two children were the sole attention, employment, and consolation of her life; she fed them, dressed them, slept with them, and taught them herself: they were both snatched from her by the gangrenous sore throat, in one week; so that she lost at once all that employed her, as well as all that was dear to her. For the first three or four days after their death, when any friend vi-

sited her, she sat upright with her eyes wide open, without shedding tears, and affected to speak of indifferent things. Afterwards she began to weep much, and for some weeks talked to her friends of nothing else but her dear children; but did not for many years, even to her dying hour, get quite over a gloom which was left upon her countenance.

When any cause of deep grief is presented to the mind, it frequently gains such a force as almost totally to exclude all thoughts, except those that are connected with it. Hence the whole imagination is by degrees obscured, and the most usual consequences of it are the deepest melancholy, succeeded by insanity—and sometimes that speedier dissolution, "a broken heart."

A rich Bishop of Salisbury being spoiled of his goods and thrown out of his castle, was so emerged in grief, that he ran perfectly mad, and remained in that situation for several years until his death.

Governor Alvarado married Lady Beatrice, and he dying, his wife abandoned herself to all the excesses of grief; and not only dressed her house in black, and abstained from meat and sleep, but in a mad impiety said, "God could now do her no greater evil." Soon after happened an extraordinary inundation of waters, which on a sudden assailed the Governor's house, and caused this impotent Lady now to bethink herself of her devotion, and betake her to the Chapel, with several of her maids; where leaping on the altar and clasping about an image, the force of the water carried away the Chapel, and she with her maids were drowned.

Charles, Duke of Burgundy, being discomfited at the battle of Nancy, passing over a river, was overthrown by his horse, and in that state was assaulted by a gentleman, of whom he craved quarters; but the gentleman being deaf, slew him immediately: yet after-

wards, when he knew whom he had slain, he died within a few days of grief.

Homer had sailed out of Chios to Io, with a purpose to visit Athens: here it was, that being old, he fell sick, and so remained upon the shore, where there landed certain fishermen, whom he asked "if they had taken any thing?" They replied, "what we caught we left behind us; and what we could not catch we brought with us;" meaning, that when they could not catch any fish, they had loused themselves upon the shore, killing what they took, and carrying with them such as they could not find. When Homer was not able to solve this riddle, it is reported that he died with grief.

When the Turks came to raise the siege of Buda, there was amongst the German captains a nobleman called Rayschachius, whose son, a valiant young gentleman, having got out of the army without his father's knowledge, he behaved so gallantly in fight against the enemy, in the sight of his father and of the army, that he was highly commended of all men, and especially of his father, who did not know he was his son; yet before he could clear himself he was compassed in by the enemy, and, valiantly fighting, was slain. Rayschachius, exceedingly moved by the death of brave a man, ignorant how near it touched himself, turning about to the other captains, said, "this worthy gentleman, whosoever he be, deserves eternal commendation, and to be honourably buried by the whole army." As the rest of the captains were with like compassion approving his speech, the dead body of the unfortunate son was presented to the most miserable father, which caused all who were present to shed tears; but such a sudden and inward grief surprised the aged father, and struck so to his heart, that after he had stood awhile speechless, with his eyes fixed, he fell down dead.

Uvipertus elected bishop of Rauburg, went to Rome to receive the confirmation thereof from the Pope; when

finding himself neglected and rejected by him, upon the account of his youth, the next night for grief all the hair of his head was turned gray, whereupon he was received.

The melioration of grief by time, and its being at length even attended by pleasure, depends on our retaining any distinct idea of the last object, and forgetting for a time, the idea of the loss of it. This pleasure of grief is beautifully described by Akenside.

——— Ask the faithful youth
Why the cold urn of her whom long he lov'd
So often fills his arms: so often draws
His lonely footsteps at the silent hour
To pay the mournful tribute of his tears?
Oh! he will tell thee, that the wealth of worlds
Should ne'er seduce his bosom to forego
That sacred hour; when stealing from the noise
Of care and envy, sweet remembrance soothes
With Virtue's kindest looks, his aching breast,
And turns his tears to rapture.

Whilst the great genius of physic, Hippocrates, drove away maladies by his precepts, and almost snatched bodies out of the hands of death, one Antiphon arose in Greece, who, envious of his glory, promised to do upon souls, what the other did on bodies; and proposed the sublime invention, which Plutarch calls the *art* of curing *grief*, where we may truly say, he used more vanity, promises, and show of words, than he wrought effects. Certainly it were to be wished that all ages, which are abundant in misery, should likewise produce great comforts to soften the calamities of human life.

O! canst thou minister to a mind diseased,
Pluck from the memory of rooted sorrow,
Rase out the written troubles of the brain;
And, with some sweet oblivious antidote,
Cleanse the stuff'd bosom of that perilous stuff
Which weighs upon the heart?

SHAKSPEARE.

In the pagan religion, the power of dying was the great consolation in irremediable distress. Seneca says, "no one need be unhappy, unless by his own fault."—And the author of Telemachus begins his work by saying, that Calypso could not console herself for the loss of Ulysses, and found herself unhappy in being immortal. But to the Christian, this one suggestion, I know that my REDEEMER liveth, affords a richer cordial to the fainting soul, than all the volumes of Heathen Philosophy.

Many are the sayings of the wise
In ancient and in modern books enroll'd,
Extolling *patience* as the truest fortitude:
And to the bearing well of all calamities,
All chances incident to man's frail life.
Many are the consolatory writs form'd
With studied argument, and much persuasion;
But with th' afflicted in his pangs such sounds
Little prevail, or rather seem a tune
Harsh, and of dissonant mood from his complaint:
Unless he feel within
Some source of *consolation from above,*
Secret refreshings, that repair his strength,
And fainting spirits uphold.

MILTON.

When the heart is oppressed, every former comfort at that moment usually goes for nothing. Life is beheld in all its gloom. A dark cloud seems to hang over it; and it is too often reviewed, as no other than a scene of wretchedness and sorrow. But this is to be unjust to human life, as well as ungrateful to its author. Only consider how many days, how many months, how many years you have passed in health, ease and comfort; how many pleasurable feelings you have had; how many blessings, in short, of different kinds, you have tasted; and you will be forced to acknowledge, that more materials of thanksgiving present themselves than of lamentation and complaint: these blessings, you will say, are past; but though past, ought they to be gone from your remembrance? Do they merit no place in the comparative estimate of goods and evils of your state? Did you, could you expect, that in this mutable world, any temporal joy was to last for ever? Has gratitude no influence to form your mind to a calm acquiescence in your BENEFACTOR's appointments? What can be more reasonable than to say—Having in former times received so many good things from the hand of God, shall I not now without despondence, receive the few evils which it hath pleased him to send? If we are deprived of friends, whom we tenderly loved, are there not some still remaining, from whom we may expect much comfort? If our bodies are afflicted with sore disease, have we not reason to be thankful that our mind continues vigorous and entire? that we are in a situation to look around us for whatever can afford us ease; and that after the decay of this frail and mouldering tabernacle, we can look forward "*to a house not made with hands, eternal in the heavens.*"

In the midst of all distresses, there remains to every sincere *Christian*, that mixture of pure and genuine consolation, which springs from the promises and hopes of a future life. Consider what a singular distinction this makes in your situation, beyond the state of those who, under the various troubles of life, are left without hope; without any thing to look up to, but a train of unknown causes and accidents, in which they see no light nor com-

fort. Thank the FATHER OF MERCIES, that into all the evil he sends, he infuses *joyful hope*, that *the sufferings of the present time are not worthy to be compared with the glory that shall be revealed in the end to the virtuous and good.* Have we sustained the greatest of all losses? it is his gain that he yet liveth, that this life is but the threshold, the portal, the entrance to a better place, and that his happiness is as complete as our misery is great. Let us turn our eyes from earth to heaven, from the perishable body to that which endureth forever; and, even whilst we are heavy with affliction, let us smile with our eyes turned upwards, and say, "It is thy will, I submit.—He is happy. I would not wish him back to a troublesome world.—I soon shall follow after him. The mortal hath put on immortality—We shall then meet, never, never, to be separated more."

Think, then, ye mourning parents, nor complain
For breathless children, as ye weep in vain.
Why should you be in lamentations drown'd,
While your young babes with victory are crown'd,
Before the sword was drawn, or cruel strife
Had shed its venom on the ills of life?
Perhaps Almighty God foresaw some vile,
Some tempting evil should them beguile;
Of sore adversity, a dreadful storm,
Or of dire wickedness, a monstrous form.
How then in words which nothing can avail,
Against that kind precaution dare you rail?
Remember, that of them you're not bereav'd,
But from "the coming evil they are sav'd."

ANKETELL.

OF FEAR.

Timorous self-love, with sick'ning fancy's aid,
Presents the danger that you dread the most,
And ever galls you in your tender part.
Hence, some for love, and some for jealousy,
Have lost their reason: some for fear of want,
Want all their lives; and others every day,
For fear of dying, suffer worse than death.
Is there an evil worse than fear itself?
And what avails it, that indulgent Heaven
From mortal eyes has wrapt the woes to come,
If we, ingenious to torment ourselves,
Grow pale at hideous fictions of our own?

Armstrong.

Fear has its origin in the apprehension of danger, and is kindly placed in man as a sentinel for self-preservation. But, like every other passion, the excess of it is pernicious. If it be raised to the degree of terror, the hairs are raised on end, and the whole body put into horror and trembling. With some individuals it is apt to occasion diarrhœa; and in others, an involuntary discharge of urine. If the passion continues, the spirits are put into confusion, so that they cannot execute their offices; the usual succours of reason fail; judgment is blinded; the powers of voluntary motion become weak; and the heart is insufficient to maintain the circulation of the blood; which, stagnating in the ventricles of the heart, causes swooning, and sometimes sudden death.

Don Diego Osorius, a Spaniard of a noble family, being in love with a young lady of the court, had prevailed with her for a private conference under the shady boughs of a tree, that grew within the gardens of the king of Spain: but, by the unfortunate barking of a little dog, their privacy was betrayed, and the young gentleman seized by some of the king's guard, was imprisoned. It was a capital crime to be found in that place, and,

therefore, he was condemned to die. He was so terrified at the hearing of his sentence, that one and the same night saw the same person young, and all turned gray, as in age. The jailor, moved at the sight, related the accident to king Ferdinand, as a prodigy; who, thereupon, pardoned him; saying, "he had been sufficiently punished for his fault, seeing he had exchanged the flower of his youth into the hoary hairs of age."

The like happened to a dissipated youth while he lay sick on his bed. He, hearing the physicians despaired of his life, what with watching and the fear of death, all the hair on his head turned gray in the compass of one night.

A lady, near the time of her delivery, was exceedingly frightened with the cry of fire at midnight; and beholding the flames not far off, she presently complained of an extraordinary commotion of the infant. She went to bed and slept; but, ere long, was taken with a strange and horrible kind of convulsion, of which she died within twelve hours after her fright.

Mr. ——, a clergyman, about forty years of age, who was rather a weak man, happened to be drinking wine in a jocular company, and by accident swallowed part of the seal of a letter which he had just received: one of his companions, seeing him alarmed, cried out, in humour, "It will seal your bowels up." He became melancholy from that instant, and in a day or two refused to swallow any kind of nourishment. On being pressed to give a reason for his refusal, he answered, he knew nothing would pass through him; and though he was frightened into taking a little broth once or twice by threats, yet he soon ceased entirely to swallow any thing, and died in consequence of this insane idea.

I knew a surgeon, says Dr. Darwin, who was always rather of a parsimonious disposition, had a large house, with a fortune of forty thousand pounds left him; and in

a few weeks became insane from the fear of poverty; lamenting that he would die in a jail or in a work-house. He had left off a laborious country practice, and the daily perception of profit in his books; he also now saw greater expenses going on in his new house, than he had been accustomed to observe, and did not so distinctly see the source of supply; which seems to have occasioned the maniacal hallucination. The fear of hell, continues he, has also, in some instances, been attended with fatal effects. In this kind of madness, the poor patients frequently commit suicide; although they believe they run headlong into the very hell which they dread!

The miserable life bad men have, by reason of their continual fear of death, we have exemplified in Dionysius, the tyrant of Syracuse, who finished his thirty-eight years rule in this manner: Removing his friends, he gave the custody of his body to some strangers and barbarians; and being in fear of barbers, he taught his daughters to shave him, and when they were grown up, he durst not trust them with a razor, but taught them how they should burn off his hair and beard with the white films of walnut kernels. Not daring to speak to the people out of the common rostrum or pulpit for that purpose, he used to make orations to them from the top of a tower. On one occasion, he gave his cloak and sword to a small boy whom he loved, to hold for a few minutes; and when one of his most familiar friends had jestingly said, "You now put your life into his hands," and that the boy smiled, he commanded them both to be slain, one for showing the way how he might be killed, and the other for approving it with a smile. At last, overcome in battle by the Carthagenians, he perished, as might have been expected, by the treason of his own subjects.

The rich Cardinal of Winchester, Henry Beaufort, who procured the death of the good Duke of Gloucester, was soon after struck with an incurable disease; and, understanding by his physicians, that he could not live,

he expressed himself thus; "Fye, will not death be hired? will money do nothing? must I die that have such great riches? If the whole realm of England would save my life, I am able, either by policy to get it, or by riches to buy it." But the king of terrors is not to be bribed by gold; it is a pleasure to him to mix the brains of princes and politicians with common dust; and how loth soever he was to depart, yet grim death would seize upon him.

How shocking must thy summons be, O death!
To him that is at ease in his possessions;
Who, counting on long years of pleasure here,
Is quite unfurnish'd for the world to come?
In that dread moment, how the frantic soul
Raves round the walls of her clay tenement,
Rushes to each avenue, and shrieks for help,
But shrieks in vain———————
———————————————The foe,
Like a staunch murderer, steady to his purpose,
Pursues him close through every lane of life,
Nor misses once the track, but presses on;
Till forc'd at last to the tremendous verge,
At once he sinks to everlasting ruin.

BLAIR.

The King of Hungary, being on a time very sad, his brother, a jolly courtier, would needs know of him what ailed him: "Oh, brother," said he, "I have been a great sinner against God, and I fear to die, and to appear before his tribunal." "These are," said his brother, "melancholy thoughts," and withal made a jest of them. The king replied nothing for the present; but the custom of the country was, if the executioner came and sounded the trumpet before any man's door, he was presently to be led to execution. The king, in the dead time of

the night, sent the heads-men to sound the trumpet before his brother's door; who hearing it, and seeing the messengers of death, runs pale and trembling in his brother's presence, beseeching him to tell him wherein he offended. "Oh brother," replied the king, "you have never offended me; but is the sight of my executioners so dreadful? And shall not I, that have greatly and grievously offended God, fear not his, that must carry me before his judgment-seat?"

The best remedy against this tottering state of the soul, is a good conscience; which if a man want, he will tremble in the midst of all his armed guards.

Fools! if you less provok'd your fears,
No more my spectre form appears.
Death's but a path that must be trod,
If man would ever pass to God:
A port of calms, a state of ease
From the rough rage of swelling seas.

PARNELL.

The virtuous soul pursues a nobler aim,
And life regards but as a fleeting dream:
She longs to wake, and wishes to get free,
To launch from earth into eternity.
For while the boundless theme extends our thoughts,
Ten thousand thousand rolling years are naught.

GAY.

Jerusalem being taken by the Christians, and Godfrey of Bulloin made King of it, the Sultan of Egypt had prepared a great army, either to besiege it, or fight the christians; who perceiving themselves unable to cope with so great a power, with great earnestness besought the assistance of Almighty God; then full of courage went to meet the enemy. The barbarians seeing them

approach and come on so courageously, who they thought would not have the confidence so much as to look them in the face, that they never so much as thought of fighting, but running headlong in a disordered flight, they were slain by the Christians, as so many beasts, to the number of an hundred thousand.

Thou, to whom the world unknown
With all its shadowy shapes is shown;
Who seest appall'd th' unreal scene,
While fancy lifts the veil between:
Ah, Fear! ah, frantic Fear!
I see, I see thee near.
I know thy hurried step, thy haggard eye!
Like thee I start, like thee disorder'd fly,
For lo, what monsters in thy train appear.

COLLINS.

It is said of Epicurus, a profane teacher, that never was a school boy more afraid of a rod, than he was of the thought of a God and death. No man more feared the things which he taught should be despised, than himself. For whatever there is in the air, there is certainly an elastical power in the conscience, that will bear itself up, notwithstanding all the weight that is laid upon it. Men may silence for a while the voice of their own conscience; but it will find a time to speak so loud as to be heard in despite of its owner.

"He that commits a sin shall quickly find,
The pressing guilt lie heavy on his mind;
Tho' bribes or favours should assert his cause,
Pronounce him guiltless, and elude the laws;
None quits himself, his own impartial thought
Will damn; and conscience will record the fault."

Theodoricus, king of the Goths, most treacherously murdered two Roman senators, Symmachus and Bœthius, whom he had induced to visit him. Not long after their death there was set before him on the table at supper the head of a great fish; there did he think he saw the head of Symmachus with a horrible yawning, and threatening him with flaming eyes. Immediately, therefore, he caused himself to be carried to bed, a physician was sent for, but could not help him; he told his friends about him of that terrible resemblance of Symmachus which he had seen; and deploring his wicked cruelty, he soon after gave up the ghost.

Attalus, king of Pergamus, had slain his mother, and also his wife; for which he was so pursued with divine vengeance that he never after had a joyful day; laying aside his royal ornaments, he put upon him a poor and sordid garment; he suffered the hair of his head and beard to grow; he came not to show himself in public to the people; and there was nothing of mirth or feasting at his court. To conclude, he was so terrified with his conscience, that yielding up the government of his kingdom, he betook himself to the employment of a gardener, digging up the earth, and sowing seed therein; after this he passed to the art of graving in brass, and therein spent his time. At last he purposed to make a sepulchre for his mother; and being intent upon the work, through the vehement heat of the sun, he contracted a fever, which terminated his existence in a few days.

Catullus, governor of Lybia, fraudulently and unjustly put to death three thousand Jews, and confiscated their goods. Not long after he fell into a grievous disease, and was cruelly tormented, not only in body but also in mind; for he was so greatly terrified, and still imagined he saw the ghosts of them whom he had so unjustly slain, ready to kill him; so that he cried out, and not able to contain himself, leaped out of his bed, as though he had been tortured with torments and fire.

And this disease daily increasing, he died in a most shocking manner.

The wretched state of king Richard the Third, after he had murdered his nephews, is thus described by sir Thomas More: "I have heard," saith he, "by credible reports, that after this abominable deed he never had quiet in his mind, and never thought himself safe. When he went abroad, his eyes whirled about, his body was privily fenced, his hand ever on his dagger, his countenance and manner like one who was ever ready to strike: he took no rest in the night, lay long waking and musing, sore wearied with care at watching, and rather slumbered than slept, troubled with fearful dreams: he sometimes started suddenly up, leaped out of his bed, and ran about the chamber: his restless heart was continually tossed and tumbled with the tedious impression and stormy remembrance of his horrid and abominable deeds."

Conscience, what art thou? thou mysterious pow'r,
That dost inhabit us without our leave,
And art within ourselves another self,
A master self, that loves to domineer,
And treat the monarch frankly as the slave;
How dost thou light a torch to distant deeds,
Make the past, present, and the future frown:
How, ever and anon, awake the soul,
As with a peal of thunder, to strange horrors!

SHAKSPEARE.

A Pythagorean philosopher had bought a pair of shoes of a cobler; but having no money at present, desired him to stay for it till the morrow, and then he would return to pay him. He came with his money according to agreement, and then heard that the cobler had just died; he, therefore, without mention of the

money, departed with a secret joy for the unexpected gain he had made that day; but finding that his conscience would not suffer him to be quiet, he takes the money, goes to the cobler's shop, and casting in the money there—"Go thy ways," said he, "for though he is dead to all the world besides, yet he is alive to me."

A good conscience is to the soul what health is to the body. It preserves a constant ease and serenity within us, and more than countervails all the calamities and afflictions that can befall us.

When the mind has been under the influence of sudden surprise, or vehement attention to some interesting object, it has frequently suspended, and even entirely cured ague and fever, asthma, and other chronic diseases.

An officer of great courage, who had contracted the asthma by long service in India, declares, that during a most severe attack of that complaint, when he could scarcely breathe in an erect posture, and without power to move, as he thought, six yards, to save his life, the alarm guns were fired for the whole line to *turn out*, because the Marrattas had broke into the camp. Knowing that certain death would be his portion if he remained in his tent, *he sprung out with an alacrity that amazed his attendants, instantly mounted his horse, and with great ease drew his sword, which the day before he could not move from its scabbard, though he had used his whole strength in the attempt.* From the instant of the alarm, the *debility* left him, together with the *asthma*, nor did the disorder return for some time after.

A lady who was affected with the tertian ague, was so terrified by the explosion of a bomb, which was fired off during the fit, that she fainted away. Slight cordials were immediately administered, and she soon recovered from her state of weakness without any appearance of fever, which had afterwards no return.

A young lady who had a quartan ague for several months successively, was invited by some of her acquaintance to take an excursion on the water, with a view to dissipate the melancholy ideas occasioned by her illness; but they had scarcely got into the boat when it began to sink, and all were terribly shocked with the dread of perishing. After escaping this danger, the patient found herself cured, and she had no return of the ague.

A man of a hot, moist constitution, being suddenly seized, in very warm weather, with an internal cold, died within eighteen hours without the least agitation, or any of the convulsions that accompany the agony of death. His friends, surprised at so sudden and fatal an accident, requested the physician who had attended him to open his body, which he did, and found that he died of a mortification. He was an extraordinary fat subject, and what was very remarkable, his bones were as small as those of a young girl, and his muscles extremely weak, and rather membranous than fleshy. While the physician was dissecting the body, and pointing out the cause of his death, a brother of the deceased, of a like habit and constitution, who had been absent several years, entered the room of a sudden; and hearing the detail of the circumstances of his death, of which he saw the cause in so extraordinary conformation, he became speechless, and fell into a fainting fit, from which neither cordials, nor any other means employed in such case, could recover him. The patient seemed to have neither pulse nor respiration, his body all over was in a cold sweat, his limbs began to grow stiff, and in short he appeared to be dying. The physician considering him a dead man, observed and fortunately rather in a loud voice, "let us replace the parts of the dead body we have dissected, and sew it up; in the mean time the other will be quite dead, and I will dissect him also." He had scarcely uttered these words, when the gentleman in the fainting fit started up from the bed, roaring out prodigiously loud, snatched up his cloak, took to his heels

as if nothing had happened to him; and since that time he has enjoyed a good state of health.

I have frequently observed, says the ingenious author of the Medical Extracts, delicate hysterical women, who, for many months, had seldom enjoyed one day's health, suddenly relieved from every complaint, when a favourite child was attacked with a disease, in which danger was apprehended: and they continued in appearance, to be in perfect health during the whole course of the illness, and exhibited an unusual alertness in discharging their duty as nurses and parents. But when they understood that the danger was over, their former complaint gradually returned, to their great surprise; for from the health they had lately enjoyed, and for so considerable a time, they believed themselves perfectly cured.

Through a most criminal inattention to children in the nursery, a foundation is sometimes laid in their tender minds for those superstitious terrors, from which not all their efforts in subsequent life can entirely relieve them. I allude to those dismal stories about *witches*, *spirits*, *hobgoblins*, *Raw-head* and *Bloody-bones*, wherewith silly nurses, especially poor blacks, are so fond of frightening infants. Considering the importance of deep impressions made during those tender years, parents cannot too strictly forbid every thing of this sort; neither can they ever exceed in their generous labours to illuminate the minds of their children with lofty ideas of their Creator, and that mighty power which he will never fail to exert in their favour, if they will but be *good*.

Timorous persons are more readily infected by contagious disorders, than those possessed of fortitude.—Hence it is we find nurses most frequently escape contagion, while persons of a fearful disposition contract the disease on entering the chamber of the sick only once or twice.

Persons under a violent fit of fear, should be treated like those who suffer from any other spasmodic contraction. Tea, a little wine, or spirits and water may be given to them; vinegar, lavender-drops, or spirits of hartshorn may be held to the nostrils; warm bathing of the feet, and emollient injections may be of advantage; but above all, the mind ought to be duly composed.—*Excessive bashfulness* borders on fear; it may be corrected by social intercourse with persons of a cheerful disposition.

OF ANGER.

WHEN *reason*, like a skilful charioteer,
Can break the fiery passions to the bit,
And, spite of their licentious sallies, keep
The radiant track of glory; passions, then,
Are *aids* and *ornaments*.————

YOUNG.

Resentment of wrong is a useful principle in human nature; and for the wisest purposes was implanted in our frame. It is the necessary guard of private rights; and the great restraint on the insolence of the violent, who, if no resistance were made, would trample on the gentle and peaceable. But, in the fulness of self-estimation, we are too apt to forget what we are. We are rigorous to offences, as if we did not daily entreat heaven for mercy. It is a vice that few persons are able to conceal; for if it do not betray itself by external signs, such as sudden paleness of the countenance, and trembling of the joints, it is more impetuous within.

This headstrong and impetuous affection of the mind, is well described by some of the ancients to be a short madness. It is a disease, that wheresoever it prevails, is no less dangerous than deforming to us; it swells the

face; inflames the blood; and like the mischievous evil spirit in the gospel, that threw the possessed now into the fire, and then into the water, it casts us into all kind of dangers, and frequently hurries us into the chambers of death itself.

Cœlius, the orator, was certainly the most passionate of mortals; for, having asked his client divers questions, and he agreeing with him in all things he questioned him about, in a great heat he cried out in open court, "say something contrary to me, that so we may quarrel." How could he possibly endure an injury, who was not able to bear obsequiousness itself?

Montagne, in his Essays, gives us a story which he remembered to be current when he was a boy, of a neighbouring king, who, having received a blow from the hand of God, swore he would be revenged, and in order to it, made proclamation, that for ten years to come, no one should pray to him, or so much as mention him throughout his dominions. "By which," says he, "we are not so much to take measure of the folly, as the vain-glory of the nation, Spain, of which this tale was told."

Those who feel the approach of anger in their mind, should, as much as possible, divert their attention from the object of provocation, and remain silent. They should never use loud oaths, violent upbraidings, or strong expressions of countenance, or gesticulations of the arms, or clenched fists; as these, by their former associations with anger, will contribute to increase it. I have been told, says Dr. Darwin, of a serjeant or corporal, who began moderately to cane his soldiers, when they were awkward in their exercise; but being addicted to swearing and coarse language, he used soon to enrage himself by his own expressions of anger, till, toward the end, he was liable to beat the delinquents unmercifully. Is this not applicable to some of us, in the treatment of our slaves?

A gentleman in New-Castle county, Delaware, was so enraged with a neighbouring slave, for persevering, contrary to his orders, to visit a female servant in his family, that he bought him of his master at a high price, for the express purpose of *getting satisfaction;* that is, to give him a severe flogging, and then to sell him to a negro-buyer. What with the bitter curses and blows he inflicted upon the poor fellow, *tied hands and feet*, his anger rose at length to a flame he could not control; and, by the time the master had lost the power to inflict, the poor slave had lost the power to suffer—having literally expired under his cruel hands.

A sea captain, in Charleston, South Carolina, navigated his vessel with the help of three slaves. On some provocation from one of them, he laid hold of the offender, who was so alarmed at his master's looks, that he jerked away from him. Roused to fury by such an act of *treason*, as this appeared to him, the master caught up a broad axe, and with the looks and voice of a demon, ordered his other slaves "to seize the d——d villain." Frightened out of their wits, they seized their fellow-servant, and the master, black with rage, and regardless of his prayers and supplications, had him dragged to a block, and in a most barbarous manner struck off his head.

Although the laws of the land did not sentence these inhuman masters to death, yet neither of them long survived their infernal acts. The gnawings of a blood-stained conscience soon brought them down to the grave.

A young gentleman in Augusta, Georgia, going to a party in the neighbourhood, in a gig, had not got out of the street, before his horse baulked. The youth, leaping from his gig, and angrily catching his horse by the bridle, led him off. Having mounted his gig, he cracked his whip for a second start; but his horse had not gone many steps, before he unfortunately fell back again. Leaping from the gig in a violent rage, he struck his

horse over the head with his loaded whip, and then attempted to lead him off once more. Frighted by such violence, the animal, in place of moving forward, drew back. Enraged by such obstinacy, the young man repeated his blows with the whip until it broke, which rather increased the perturbation of his mind. By this time, finding himself surrounded by unwelcome spectators of his brutal conduct, he became more furious; and snatching a large club, continued his unmerciful blows, until he brought the horse to the ground; when, after a few struggles, his blood and brains flowing copiously, the poor animal expired.

Pale and trembling Anger rushes in,
With falt'ring speech, and eyes that wildly stare;
Fierce as the tiger, madder than the seas,
Desperate, and armed with more than human strength.
He whom Anger stings, drops, if he dies,
At once, and rushes apoplectic down;
Or a fierce fever hurries him to hell.

ARMSTRONG.

A gentleman being greatly incensed against his servant, drew his sword cane with intention of running him through his body. Two or three of his friends being present, laid hold of the gentleman, and took away the sword, that he might not pollute his hands with the blood of his servant. While he was thus in their hands, the gentleman, through extreme anger, fell into an apoplexy, which terminated his existence.

Victor Pisanus, the Venetian admiral, famous for his exploits, understanding that his vice-admiral, through cowardice, had suffered ten ships of the Genoese to escape out of the Sipontine haven, fell into such a passion as put him immediately into a fever, whereof he died.

Solomon, sensible of the destructive tendencies of ungovernable passions, says, "Wrath slayeth the angry man, and envy killeth the silly one; and that the wicked shall not live out half their days." For, as violent gales of wind will soon wreck the strongest ships, so violent passions will soon destroy the best constitutions. And, one unquiet disposition distempers the whole peace of a family or society, as one jarring instrument will spoil a whole concert. There is no man obliged to live so free from passion, as not in some cases to show some resentment, so that the injurer may not be encouraged to commit a second injury; but this should be done in a cool and deliberate manner, and to carry with it nothing like revenge. It was a good method observed by Socrates; when he found in himself any disposition to anger, he would check it by speaking low, in opposition to the motions of his displeasure.

The angry man is his own severest tormentor; his breast knows no peace, while his raging passions are restrained by no sense of either moral or religious duties.

To prove that *passion* is exorbitant in its demands, what proportion, for instance, is there between the life of a man, and an affront received, or supposed to be given by some unguarded expression. How fantastic, then, how unjustifiable, are those supposed laws of modern honour, which, for such an affront, requires no less reparation than the death of a fellow creature; and which, to obtain this reparation, requires a man to endanger his own life? Laws which, as they have no foundation in reason, never received the least sanction from any wise or polished nations of antiquity, but were devised in the darkest ages of the world, and are derived to us from the ferocious barbarity of Goths and Vandals. Who is there, were he to behold his enemy during that conflict which human nature must suffer at the last, but must feel relentings at that enmity which hath deprived another of existence?

"There is the man with whom I contended, silent and mute forever! How poor is the advantage which I now enjoy! He is fallen, and I am about to follow him! In a

short time we shall be laid together! Had he not his virtues and good qualities as well as I? When we shall both appear before the judgment seat of God, shall I be found innocent and free of blame for all the enmity I have borne to him?"

My friends, let the anticipation of such sentiments serve now to cool the heat of anger, and allay the fierceness of resentment. Let us look upon this world as a state of trial. Elevated by such sentiments, our minds will become calm and sedate. We shall look down, as from a superior station, on the petty strifes of this world. They are the selfish, the sensual, and the vain, who are most subject to the undue influence of *passion*. They are linked so closely to the world, by so many sides they touch every object, and every person around them, that they are perpetually hurt, and perpetually hurting others. But the spirit of TRUE RELIGION removes us to a a proper distance from the grating objects of worldly contention. It leaves us sufficiently connected with the world, for acting our part in it with propriety; but disengages us from it so far as to weaken its power of disturbing our tranquillity. It inspires magnanimity; and magnanimity always breathes gentleness. It leads us to view the follies of men with pity, and not with rancour; and to treat, with the mildness of a superior nature, what, in little minds, would call forth all the bitterness of *passion*.

Every man knows how to row in a calm; and an indifferent pilot will serve to direct the course of a ship when the season is quiet and serene; but the conduct of that governor is most praise-worthy, who knows how to steer his vessel aright when the winds are enraged, and a furious tempest has put the tumultuous waves into a vehement commotion. In like manner, it is small commendation to appear mild, when nothing is said or done to displease us; but to repress our rising passions, and to keep down our resentments in the midst of injurious provocations, is a victory greater and more deserving of praise, than perhaps the greatest conquerors ever merited.

Forgiveness of injuries, and a merciful disposition towards those who have offended us, is not only an infallible mark of a great and noble mind, but it is our indispensable duty as reasonable creatures, and peculiarly so as Christians.

Gaston, Marquis de Renty, an illustrious nobleman, was a soldier and a Christian: and had a peculiar felicity to reconcile the seeming opposition between those characters. He had a command in the French army, and had the misfortune to receive a challenge from a person of distinction in the same service. The marquis returned for answer, that he was ready to convince the gentleman he was in the wrong; or, if he could not convince him, was as ready to ask his pardon. The other, not satisfied with this reply, insisted upon his meeting him with the sword; to which the marquis sent this answer: that he was resolved not to do it, since God and his king had forbidden it; otherwise, he would have him know that all the endeavours he had used to pacify him, did not proceed from any fear of him, but of Almighty God, and his displeasure: that he should go every day about his usual business, and if he did assault him, he would make him repent it. The angry man, not able to provoke the marquis to a duel, and meeting him one day by chance, drew his sword and attacked him: the marquis soon wounded and disarmed both him and his second, with the assistance of a servant who attended him. But then did this truly Christian nobleman show the difference betwixt a brutish and a Christian courage; for, leading them to his tent, he refreshed them with wine and cordials, caused their wounds to be dressed, and their swords to be restored to them; then dismissed them with Christian and friendly advice, and was never heard to mention the affair afterwards, even to his nearest friends. It was a usual saying with this great man, that there was more true courage and generosity in bearing and forgiving an injury, for the love of God, than in requiting it with another: in suffering, rather than revenging; because the thing was really more difficult:

adding, that bulls and bears had courage enough, but it was a brutal courage; whereas, that of men should be such as became rational beings and Christians.

A quarrel having arisen between a celebrated gentleman in the literary world, and one of his acquaintance, the latter heroically, and no less laconically, concluded a letter to the former, on the subject of the dispute, with, "I have a life at your service, if you dare to take it." To which the other replied, "You say you have a life at my service, if I dare to take it. I must confess to you, that I dare not take it. I thank my God that I have not the courage to take it. But though I own that I am afraid to deprive you of your life, yet, Sir, permit me to assure you, that I am equally thankful to the Almighty Being, for mercifully bestowing on me sufficient resolution, if attacked, to defend my own." This unexpected kind of reply had the proper effect: it brought the madman back again to reason; friends intervened, and the affair was compromised.

Sir Walter Raleigh, a man of known courage and honour, being very injuriously treated by a hot-headed, rash youth, who next proceeded to challenge him, and, on his refusal to accept, spit upon him, and that too in public, the knight, taking out his handkerchief, with great calmness, made him only this reply: "Young man, if I could as easily wipe your blood from my conscience, as I can this injury from my face, I would this moment take away your life." The consequence was, that the youth, struck with a sudden and strong sense of his misbehaviour, fell upon his knees, and begged forgiveness.

There was an uncivil fellow that did nothing all the day long but rail against Pericles, the famous Athenian, in the market place, and before all the people: and though Pericles was at that time the public magistrate, yet he took no notice of it, and all the while dispatched sundry matters of importance, till night came; and then,

with a sober pace, went home towards his house, this varlet following him all the way with abuse. Pericles, when he came to his house, it being dark, called to his man, and bade him light the fellow home, lest, it being night, he should lose his way.

When Xenocrates came one time to the house of Plato to visit him, he prayed him, "that he would beat his servant for him, in regard he himself was not at present so fit to do it, because he was in a passion." Another time he said to one of his servants, "that he would beat him sufficiently, but that he was angry."

King Robert was one of the greatest kings that ever wore the crown of France. He once surprised a rogue who had cut away half of his cloak, furred with ermine, to whom he did no further evil, but only said mildly to him, "Save thyself, and leave the rest for another who may have need of it."

Casimir was duke of the Sendominians, a potent prince, and afterwards king of Poland: being on a time in a humour to divert himself, he called to him one Johannes Cornarius, a knight, and his domestic servant, inviting him to play at dice; they did so, and fortune was equally favourable: and so, that having spent much time in gaining little upon each other, and it being grown far in the night, it was agreed to set the whole sum in controversy upon one single cast of the die. Casimir proved fortunate, and won all the money. Johannes, displeased, and incensed with his bad fortune, in the heat of his impatience falls upon the prince, and with his fist struck him over the mouth. It was a capital crime for the servant to strike his lord, and the same also his prince: but though all present were incensed at this insufferable action, yet he escaped by the benefit of the night, but was seized in the morning, brought back, and set in the presence of Casimir, to receive his sentence. He having well weighed the matter, broke into this wise speech. "My friends, this man is less guilty

than myself: nay, whatever ill is done, is on my part. Heat and sudden passion, which sometimes oversways even wise men, did transport him, and moved both his mind and hand to do as he did. But why did I give the cause? Why, unmindful of my own dignity, did I play with him as my equal? And, therefore, Johannes, take not only thy pardon, but my thanks too: by a profitable correction thou hast taught me, that hereafter I should do nothing unworthy of a prince, but retain myself within the just limits of decency and gravity." This said, he freely dismissed him.

Arcadius, an Argive, never gave over reviling king Philip of Macedon, abusing him with the most reproachful terms; and arrived at last to that bold impudence, as to give him this kind of public warning:

So far to fly, until he hither came,
Where no man knew or heard of Philip's name.

This man was afterwards seen in Macedonia. Then the friends and courtiers of king Philip gave him information thereof, moving him to inflict some severe punishment upon him, and in no case to suffer him to escape his hands. But Philip, on the contrary, having this railer in his power, spake gently unto him, used him courteously and familiarly, sent unto him in his lodging gifts and presents, and so sent him away in safety. Afterwards, he commanded those courtiers who had incited him against him, to inquire what words this man gave out of him amongst the Greeks. They made report again, and told him, that he was become a new man, and ceased not to speak wonderful things in praise of him. "Look you, then," said Philip unto them, "am not I a better physician than all you? and am not I more skilled in the cure of a foul-mouthed fellow than the best of you?"

Clinias, the Pythagorean, was a person very different both in his life and manners from other men. If it chan-

ced at any time that he was influenced with anger, he would take his harp, play upon and sing to it; saying, as oft as he was asked the cause of his so doing, "that by this means he found himself reduced to the temper of his former mildness."

There is a charm, a power that sways the breast,
Bids every passion revel or be still;
Inspires with rage, or all your cares dissolves;
Can soothe distraction, and almost despair:
That power is Music.————

ARMSTRONG.

While the physician prescribes draughts for curing bodily diseases, an able musician might prescribe an air for rooting out a vicious passion.

Asclepiades, a noble physician, as often as he had frenetic patients, or such as were unhinged, or evil affected in their minds, did make use of nothing so much for the cure of them, and restoration of the health, as music and sweet harmony of voices.

At such time as the tyrant Eugenius raised that perilous war in the East, and that money grew short with the emperor Theodosius, he determined to raise subsidies, and to gather from all parts more than before he had ever done; the citizens of Antioch bore this exaction with so ill a will, that after they had uttered many outrageous words against the emperor, they pulled down his statues and those also of the empress his wife. A while after, when the heat of their fury was past, they began to repent themselves of their folly, and considered into what danger they had cast themselves and their city. Then did they curse their rashness, confess their fault, implore the goodness of God, and with tears, "that it would please him to calm the emperor's heart." Their supplications and prayers were solemnly sung, with sorrowful tunes and

lamenting voices. Their bishop, Flavianus, employed himself valiantly, in this needful time, in behalf of the city; made a journey to Theodosius, and did his utmost to appease him: but finding himself rejected, and knowing that the emperor was devising some grievous punishment; and on the other side, not having the boldness to speak again, and yet much troubled in his thoughts because of his people, then came this device into his head: At such time as the emperor sat at meat, certain young boys were wont to sing musically unto him. Flavianus wrought so, that he obtained of those that had charge of the boys, that they would suffer them to sing the supplications and prayer of the city of Antioch. Theodosius, listening to that grave music, was so moved with it, and so touched with compassion, that having then the cup in his hand, he with his warm tears watered the wine that was in it, and forgetting all his conceived displeasure against the Antiochans, freely pardoned them and their city.

Concerning the efficacy and power of music, I am desirous, says the Rev. Nathaniel Wanley, to set down what I myself saw practised upon Madame de la March, a gentlewoman near to Garet, young, virtuous, and passable for beauty, who upon report of her husband's inclination to change, and inconstant affections, fell into such a fury, that on the sudden she would throw herself into the fire, or out of the window, or into a fish-pond near her house, out of which she had been twice rescued, and so was more diligently kept. The physicians attended her to no purpose, notwithstanding all their endeavours; but a Capuchin passing that way to crave alms, and hearing what had befallen her, advised that some skilful and experienced person on the lute should continue to play by her; and that in the night some pleasing ditties should consort with the music: it was accordingly performed, and in less than three months the violent passion forsook her, and she remained sound both in body and mind.

Music exalts each joy, allays each grief,
Expels diseases, softens every pain,
Subdues the rage of poison, and the plague;
And hence the wise of ancient days ador'd
One power of Physic—Melody and Song.

ARMSTRONG.

When Apollonius was inquisitive of Canus, a Rhodian musician, "what he could do with his instrument?" he told him, that "he could make a melancholy man merry, and him that was merry much merrier than he was before; a lover more enamoured; and a religious man more devout."

Timotheus, a Milesian, was so excellently skilled in music, that when he played and sung a song composed in honour of Pallas, in the presence of Alexander the Great, the prince, as one transported with the gallantry and martial humour of the air, started up, and being stirred in every part, called for his armour; but then again the musician changing into more sedate and calmer notes, sounding as it were a retreat, the prince also sat quiet and still.

What shall we say of Stradilla, the celebrated composer, whose music made the daggers drop from the hands of his assassins! Stradilla having carried off the mistress of a Venetian musician, and retired with her to Rome, the Venetian hired three desperadoes to assassinate him; but fortunately for Stradilla they had an ear sensible to harmony. These assassins, while waiting for a favourable opportunity to execute their purpose, entered the church of St. John de Lateran, during the performance of an oratorio, composed by the person whom they intended to destroy, and were so affected by the music that they abandoned their design, and even waited on the musician to forewarn him of his danger.

OF HATRED.

INFERNAL Malice, inly pining Hate,
And Envy grieving at another's state;
When these are in the human bosom nurst,
Can peace reside in dwellings so accurst?

HAMILTON.

Hatred is a *Fury* that never sleeps; it ulcerates the soul, and tortures it throughout. Hence it never fails to injure the body.

As admiration, the first of the passions, rises in the soul before she has considered whether the thing represented to her be good, or convenient to her, or not; so, after she has judged it to be good, there is raised in her the most agreeable and complacent of all passions, Love; and when she hath conceived the same to be evil, she is quickly moved to Hatred, which is nothing but the soul's aversion to that which threatens pain or grief, and may be defined to be "a commotion produced by the spirits, that inciteth the soul to be willing to be separated from objects that are represented to her as ungrateful and hurtful;" which definition only respects pure nature; but through the corruption of men and manners, it may be said to arise from an imbibed prejudice, or envy aggravated by continuance, and heightened by a malicious intention of malignancy, and injuring the persons to whom we have a disaffection, and that two without any reason but what proceeds from a self-contracted wickedness. Anger is sometimes allowable, and when excessive, is still called but the vice of men; but hatred is said to be the sin of devils, being not confined at home, but roves abroad, seeking whom it may devour.

Timon, the Athenian, had the surname of Man-hater: he was once very rich, but through his liberality and over-great bounty, was reduced to extreme poverty; in which condition he had large experience of the malice

and ingratitude of such as he had formerly served; he, therefore, fell into a vehement hatred of mankind; was glad of all their misfortunes, and promoted the ruin of all men as far as he might with his own safety. When the people, in honour of Alcibiades, attended on him home, as they used when he had obtained a cause, Timon would not, as he used to others, turn aside out of the way, but met him on purpose, and said, "Go on, my son, and prosper, for thou shalt one day plague all these with some signal calamity." He built him a house in the fields that he might shun the converse of men. He admitted to him only one Apemantus, a person much of his own humour, and he saying to him, "Is not this a fine supper?" "It would," said he, "be much better if thou wert absent." Timon gave orders that his sepulchre should be set behind a dunghill, and this to be his epitaph:

Here now I lie, after my wretched fall;
Ask not my name, the gods destroy you all.

Mison was of like manners with Timon, and had his name from the hatred he had to all men: whenever he was conversant among men, he was always sad: but when he was in any solitude, or place by himself, he was used to laugh and rejoice. Being asked why he laughed when nobody was present? "For that very reason," said he.

When Sigismund, Marquis Brandenburgh, had obtained the kingdom of Hungary in right of his wife, it then appeared there was a mortal hatred betwixt the Hungarians and Bohemians; for when Sigismund commanded Stephanus Konth, and with him twenty more Hungarian knights, to be taken and brought before him in chains, as persons that had declined the obedience they owed him, not one of all these would name or honour him in the least as their king; and before either they or their servants would change their minds, they were

desirous to lose their heads. Among the servants was Chiotza, the page of Stephanus, who sadly bewailed the death of his master; and whereas, by reason of his tender age, the king made him divers promises; and to comfort him, told him, "that he would take him as a servant about his own person;" Chiotza, with a troubled countenance, and in terms that testified at once both anger and hatred, replied, "that he would never subject himself to the service of a Bohemian swine;" and in this obstinacy of mind he died.

Cato, the censor, bore such a hatred to the female sex, that it was his common saying, "that if the world was without women, the conversation of men would not be exempt from the company of the gods."

Hyppolitus was also of the same complexion, as he expresses himself in Seneca:

I hate, fly, curse, detest them all:
Call't reason, nature, madness, as you please;
In a true hatred of them there's some ease.
First shall the water kindly dwell with fire,
Dread Syrtis be the mariner's desire:
Out of the west shall be the break of day,
And rabid wolves with tender lambkins play,
Before a woman gain my conquered mind,
To quit this hatred, and to grow more kind.

When the emperor Frederick had newly obtained a most signal victory in Hungary, he made a speech to his soldiers, whereof this was a part: "We have done," said he, "a great work, and yet there is a greater that still remains for us to do; which is, to overcome ourselves, and put an end at once to our covetousness, and the desire of revenge." Thus great and generous souls are ever found to be the most placable, and are easiest

appeased; while the weak and fearful are guilty of the greatest barbarities, as not knowing how to allot any measure or bounds to their anger.

A certain Italian, having his enemy in his power, told him there was no possible way for him to save his life, unless he would immediately deny and renounce his Saviour. The timorous wretch, in hope of mercy, did it; when the other, forthwith, stabbed him to the heart, saying that now he had a full revenge, for he had killed at once both his body and soul.

In the Isle of Majorca, there was a lord of a castle, who, amongst others, kept a negro slave; and, for some fault of his, had beaten him with severity. The villain Moor, watching his opportunity, when his master and the rest were absent, shut the door against him, and, at his return, thus acted his revenge: while his master stood without, demanding entrance, he reviled him, violated his lady, threw her and two of his children out of the castle window, and stood ready to do the like with the third and youngest child. The miserable father, who had beheld the ruin of all his family but this one, begged of his slave to save the life of that little one; which the cruel slave refused, unless he would cut off his own nose. The fond parent accepted the condition, and had no sooner performed it, than the bloody villain first cast the infant down headlong, and then himself, in a barbarous bravery, thereby to elude the vengeance of his abused master.

As I went from Rome with my company, says Camerarius, passing through the marquisate of Ancona, we were to go through a city called Terni. As we entered the city, we saw over the gate, upon a high tower, a certain tablet, to which were fastened, as at first it seemed to us, a great many bats or reer-mice; we, thinking it a strange sight, and not knowing what it meant, one of the city, whom we asked, told us thus: "There was," said he, "in this city, two noble, rich, and mighty

houses, which for a long time bore an irreconcileable hatred one against the other; their malice passed from father to son, as it were, by inheritance, by occasion of which many of both houses were slain and murdered. At last, the one house, not many years since, resolved to stand no more upon murdering one or two of the adverse party by surprise, but to run upon them all at once, and not to leave one of them alive. This bloody family secretly gathered together, out of the country adjoining, with their servants, and such other bravoes as many Italians keep in pay to employ in the execution of their revenges; these were privily armed, and had notice to be ready at a word. About midnight they seize upon the person of the governor of the city, and leaving guards in his house, go on silently to the house of their enemy, disposing troops at the end of every street. About ten of them take the governor in the midst of them, as if they had been the archers of his guard, whom they compelled, by setting a poignard to his throat, to command speedy entrance. He caused the doors to be opened; they, seeing the governor there, made no refusal; which done, they call their accomplices that stood not far off, put the governor into safe-keeping, enter, and kill man, woman, and child, and the very horses in the stable. That done, they forced the governor to command the city gates to be opened, and so they departed, and dispersed into private places amongst their friends; some fled to the next sea-ports, and got far off; but such as staid near, were so diligently searched for, that they were found, drawn out of their holes, and put to death with grievous tortures; after which, their hands and feet being cut off, were nailed to the tablet," saith he, "which you saw as you came along, as a lesson to posterity. The sun having broiled those limbs so fastened, makes travellers, that know nothing of the tragedy, suppose they are reer-mice."

In the year 1506, in Lisbon, upon the tenth day of April, many of the city went to the church of St. Dominick, to hear mass: on the left side of the church

there is a chapel, much reverenced by those of the country, and called Jesus' Chapel. Upon the altar there stands a crucifix, the wound of whose side is covered with a piece of glass. Some of those that came thither to do their devotions, casting their eyes upon this hole, it seemed to them that a kind of glimmering light came forth from it: then happy he that could first cry a *miracle;* and every one said that "God showed the testimonies of his presence." A Jew, that was but lately become a Christian there, denied that it was any miracle, saying, "It was not likely that out of a dry piece of wood there should come such a light." Now, albeit many of the standers-by doubted of the miracle, yet, hearing a Jew deny it, they began to murmur, calling him a wicked apostate, a detestable enemy to Jesus Christ; and after they had sufficiently reviled him with words, all the multitude, foaming with anger, fell upon him, plucked off the hair of his head and beard, trod upon him, trailed him into the church yard, beat him to death, and kindling a great fire, cast the dead body into it. All the residue of the people ran to this mutinous company: there a certain friar preached a sermon, wherein he vehemently urged his auditors to revenge the injury that our Lord had received. The people, mad enough of themselves, were more incensed by this exhortation. Besides this, two other friars took and held up a cross as high as they could, crying out, "Revenge! heresy! down with wicked heresy, and destroy the wicked nation!" Then, like hungry dogs, they fell upon the miserable Jews, cut the throats of a great number, and dragged them, half dead, to the fires, many of which they made for the purpose. They regarded neither age nor sex, but murdered men, women, and children; they broke open doors, rushed into rooms, dashed out children's brains against the walls: they went insolently into churches to pluck out thence the little children, old men, and young maidens, that had taken hold of the altars, the crosses, and images of saints, crying, *Misericordia!* "Mercy! mercy!" There they either murdered them presently, or threw them out alive into the fire. Many

that carried the port and show of Jews, found themselves in great danger; and some were killed, and others wounded, before they could make proof that they had no relation to them. Some that bore a grudge to others, as they met them, did but cry "*Jews!*" and they were presently beaten down, without having liberty or leisure to answer for themselves. The magistrates were not so hardy as to oppose themselves against the fury of the people; so that, in three days, the cut-throats killed above two thousand Jewish persons. The king, understanding the news of this horrible massacre, was extremely angry, and suddenly despatched away officers with full power to punish so great offences; who caused a great number of the seditious to be executed. The friars that had lifted up the cross and animated the people to murder, were degraded, and afterwards hanged and burnt. The magistrates that had been slack to repress this riot, were some put out of office, and others fined; the city also was disfranchised of many privileges and honours.

In the year 1572 was the bloody Parisian matins, wherein was spilt so much Christian blood, that it flowed through the streets like rain water, in great abundance; and this butchery of men, women, and children, continued so long, that the principal rivers in the kingdom were seen covered with murdered bodies; and their streams so dyed and stained with human blood, that they who dwelt far from the place where this barbarous act was committed, abhorred the water of those rivers, and refused to use it, or eat of the fish taken therein, for a long time after. This tragedy was thus cunningly plotted. A peace was made with the protestants: for the assurance whereof, a marriage was solemnized between Henry of Navarre, chief of the protestant party, and the lady Margaret, the king's sister. At this wedding there assembled the prince of Conde, the admiral Coligni, and divers others of chief note; but there was not so much wine drank as blood shed at it. At midnight the watch-bell rung; the king of Navarre and the prince

of Conde were taken prisoners; the admiral murdered in his bed, and thirty thousand, at the least, of the most potent men of the protestant religion, sent by the way of the Red Sea, to find the nearest passage to the land of Canaan.

In the reign of Edward VI. upon the alteration of religion, there was an insurrection in Cornwall and divers other counties, wherein many were taken and executed by martial law. The chief leaders were sent to London, and there executed. The sedition being thus suppressed, it is memorable what cruel revenge or sport Sir William Kingston, provost-marshal, made by virtue of his office, upon men in misery. One Boyer, mayor of Bodmin in Cornwall, had been amongst the rebels, not willingly, but enforced; to him the provost sent word that he would come and dine with him, for whom the mayor made great provision. A little before dinner, the provost took the mayor aside, and whispered him in the ear, "That an execution must that day be done in the town, and therefore required that a gallows should be set up against dinner should be over." The mayor failed not of his charge; presently after dinner, the provost taking the mayor by the hand, desired him to lead him to the place where the gallows was; which, when he beheld, he asked the mayor, "If he thought it to be strong enough?" "Yes," said the mayor, "doubtless, it is." "Well, then," said the provost, "get you up speedily, for it is provided for you." "I hope," answered the mayor, "you mean not as you speak!" "In faith," said the provost, "there is no remedy, for you have been a busy rebel:" and so, without respite or defence, he was hanged. Near the said place dwelt a miller, who had been a busy actor in that rebellion, who, fearing the approach of the marshal, told a sturdy fellow, his servant, that he had occasion to go from home, and, therefore, if any came to inquire for the miller, he should not speak of him, but say that he was the miller, and had been so for three years before. So, the provost came, and called for the miller, when

out comes the servant, and said, "he was the man." The provost demanded, "How long he had kept the mill?" "These three years," answered the servant: then the provost commanded his men to lay hold of him, and hang him on the next tree. At this the fellow cried out, "that he was not the miller, but the miller's man." "Nay, Sir," said the provost, "I will take you at your word. If thou beest the miller, thou art a busy knave; if thou art not, thou art a false lying knave; and, howsoever, thou canst never do thy master better service than to hang for him;" and so, without more ado, he was dispatched.

Excellent was the advice that was given to the Romans by the ambassadors of some cities in Etruria, "That since they were men, they should not resent any thing beyond human nature; and that in mortal bodies they should not carry immortal feuds." Light injuries are made none by disregarding them; which, if revenged, grow grievous and burthensome, and live to hurt us, when they might die to secure us. It is princely to disdain a wrong; and they say, princes, when ambassadors have offered indecencies, used not to chide, but deny them audience; as if silence were the royal way to revenge a wrong.

We cannot, perhaps, better instance the noblest way of taking revenge, than that heretofore pointed out by a common soldier. When the great Conde commanded the Spanish army in Flanders, and laid seige to one of its towns, the soldier in question being ill-treated by a general officer, and struck several times with a cane, for some words he had let fall, answered very coolly, that he should soon make him repent it. Fifteen days after, the same general officer ordered the colonel of the trenches to find him out a bold and intrepid fellow in his regiment to do a notable piece of service; and for which he promised a reward of a hundred pistoles. The soldier we are speaking of, who passed for the bravest in the regiment, offered himself for the business; and taking

with him thirty of his comrades, whom he selected, discharged his commission, which was a very hazardous one, with incredible courage and success. On his return, the officer highly commended him, and gave him the hundred pistoles he had promised. These, however, the soldier presently distributed among his comrades, saying, he did not serve for pay, and demanded only that, if his late action seemed to deserve any recompense, they would make him an officer: "And, now, Sir," continued he, to the general, who did not know him, "I am the soldier whom you so abused fifteen days ago; and I told you I would make you repent it." The general instantly recollected him, and in great admiration of his virtue, threw his arms round his neck, begged his pardon, and gave him a commission that very day.

M. Bibulus, a man of eminent authority, while he abode in the province of Syria, had two sons slain by the soldiers of Gabinius, for whom he exceedingly mourned. Queen Cleopatra, of Egypt, to assuage his grief, sent him bound those that had slain his sons, that he might take of them such revenge as he thought fit. He very joyfully received this good office, but commanded them untouched to be returned back to Cleopatra, thinking it revenge enough that he had the enemies of his blood in his power.

When the duke of Alva was in Brussels, about the beginning of the tumults in the Netherlands, he had sat down before Hulst, in Flanders; and there was a provost-marshal in his army who was a favourite of his, and this provost had put some to death by secret commission from the duke. There was one captain Bolea in the army, who was an intimate friend of the provost's; and one evening late he went to the captain's tent, and brought with him a confessor and an executioner, as it was his custom. He told the captain he was come to execute his excellency's commission and martial law upon him. The captain started up suddenly, his hair standing upright, and being struck with amazement, asked him,

" Wherein have I offended the duke?" The provost answered, " Sir, I am not to expostulate the business with you, but to execute my commission; therefore, I pray prepare yourself, for there is your ghostly father and executioner." So he fell on his knees before the priest, and having done, and the hangman going to put the halter about his neck, the provost threw it away, and breaking into a laughter, told him, " there was no such thing, and that he had done this to try his courage, how he would bear the terror of death." The captain, looking ghastly at him, said, " Then, Sir, get you out of my tent, for you have done me a very ill office." The next morning, the said captain Bolea, though a young man of about thirty, had his hair all turned gray, to the admiration of all the world, and the duke of Alva himself, who questioned him about it: but he would confess nothing. The next year the duke was recalled, and in his journey to the court of Spain, he was to pass by Saragossa; and this captain Bolea and the provost went along with him as his domestics. The duke being to repose some days in Saragossa, the young old captain Bolea told him, " that there was a thing in that town worthy to be seen by his excellency, which was a casa de loco, a bedlam house, such a one as there was not the like in Christendom." " Well," said the duke, " go and tell the warden I will be there to-morrow in the afternoon." The captain having obtained this, went to the warden, and told him the duke's intention; and that the chief occasion that moved him to it was, that he had an unruly provost about him, who was subject often times to fits of frenzy; and, because he wished him well, he had tried divers means to cure him, but all would not do; therefore, he would try whether keeping him close in bedlam for some days would do him any good. The next day the duke came with a great train of captains after him, amongst whom was the said provost, very shining and fine. Being entered into the house about the duke's person, captain Bolea told the warden, pointing at the provost, " that's the man:" the warden took him aside into a dark lobby, where he had placed some of

his men, who muffled him in his cloak, seized upon his sword, and hurried him into a dungeon. The provost had lain there two nights and a day; and afterwards it happened that a gentleman, coming out of curiosity to see the house, peeped into a small grate where the provost was. The provost conjured him, as he was a Christian, to go and tell the duke of Alva his provost was there confined, nor could he imagine why. The gentleman did his errand; and the duke, being astonished, sent for the warden with his prisoner: the warden brought the provost in cuerpo, full of straws and feathers, madman-like, before the duke; who, at the sight of him burst into laughter, asked the warden why he had made him prisoner? "Sir," said the warden, "it was by virtue of your excellency's commission, brought me by captain Bolea." Bolea stepped forth, and told the duke, "Sir, you have asked me oft how these hairs of mine grew so suddenly gray; I have not revealed it to any soul breathing; but now I'll tell your excellency;" and so related the passage in Flanders; and added—"I have been ever since beating my brains to know how to get an equal revenge of him, for making me old before my time." The duke was so well pleased with the story, and the wittiness of the revenge, that he made them both friends.

OF ENVY.

——————————Malicious Envy rode
Upon a ravenous wolf, and still did chew
Between his canker'd teeth, a ven'mous toad,
That all the poison ran about his jaw:
But, inwardly, he chewed his own maw
At neighbour's wealth, that made him ever sad:
For death it was when any good he saw,
And wept, that cause of weeping none he had.
But when he heard of harm, he waxed wond'rous glad.

He hated all good works, and virtuous deeds,
And him no less that any like did use;
And who with gracious bread the hungry feeds,
His alms, for want of faith, he doth accuse;
So every good to bad he doth abuse;
And eke the verse of famous poets' wit,
He does backbite, and spiteful poison spews
From lep'rous mouth on all that ever writ:
Such one, vile Envy was.

SPENSER.

To repine at the superior happiness of others, is the nature of Envy. It arises from self-love or self-interest, particularly in such individuals whom nature has denied certain qualifications of body or mind, which they cannot avoid seeing in others.

It is almost the only vice which is practicable at all times, and in every place; the only passion which can never lie quiet for want of irritation; its effects are, therefore, every way discoverable, and its attempts always to be dreaded.

Envy commands a secret band,
With sword and poison in her hand.
Around her haggard eye-balls roll,
A thousand fiends possess her soul.
The artful, unsuspected spright,
With fatal aim attacks by night.

Her troops advance with silent tread,
And stab the hero in his bed;
Or shoot the wing'd *malignant lie,*
And female honours pine or die.

COTTON.

Solomon emphatically styles "Envy, a rottenness of the bones," and we too often witness its baneful effects on those who cherish the fatal poison. It shows itself in horrors even on the face of *young* females, who, it might be supposed, could not possess so odious a passion. Observe an envious girl, who, while pleased with herself, appears quite beautiful and pleasing in her manners; but on the appearance of one of her sex, *a schoolmate*, of superior beauty and endowments, her countenance becomes strangely altered. In like manner the spirits become depressed; and, as the body cannot remain undisturbed, when the mind, to which it is so nearly attached, is in such misery, the person who is tormented with it cannot enjoy good health. For it is the passion of the damned; and, as it richly deserves punishment, it never escapes it.

There died not long since, a young lady, who, for some time before her death, appeared to be lingering and melancholy. Her appetite failed, her flesh withered away, and her dissolution seemed at hand. One day she called her intimate friends to her bed-side, and spoke to the following effect; "I know you all pity me; but, alas! I am not worthy of your pity, for all my misery is entirely owing to the wickedness of my own heart. I have two sisters; and I have all my life been unhappy for no other reason but because of their prosperity. When we were young, I could neither eat nor sleep in comfort, if they had either praise or pleasure. As soon as they were grown to be women, they married greatly to their advantage and satisfaction: this galled me to the heart; and though I had several good offers, yet, thinking them

rather unequal to my sisters, I refused them, and then was inwardly vexed and distressed, for fear I should get no better. I never wanted for any thing, and might have been happy, but for this wretched temper. My sisters loved me tenderly, for I concealed from them as much as possible this odious passion; and yet never did any poor wretch lead so miserable a life as I have done, for every blessing they enjoyed was a dagger to my heart. 'Tis this envy, which, preying on my very vitals, has ruined my health, and is now conveying me down to the grave. Pray for me, that God of his infinite mercy may forgive me this horrid sin; and with my dying breath I conjure you all to check the first risings of a passion that has proved so fatal to me."

Plutarch compares envious persons to cupping-glasses, which ever draw the worst humours of the body to them: they are like flies, which resort only to the raw and corrupt parts of the body; or, if they light on a sound part, never leave blowing upon it till they have disposed it to putrefaction. When Momus could find no fault with the face in the picture of Venus, he picked a quarrel with her slippers: and so these malevolent persons, when they cannot blame the substance, will yet represent the circumstance of men's best actions with prejudice. The black shadow is still observed to wait upon those that have been the most illustrious for virtue, or remarkable for some kind of perfection: and to excel in either has been an unpardonable crime.

"The man who envies, must behold with pain
Another's joys, and sicken at his gain:
The man unable to control his ire,
Shall wish undone, what hate and wrath inspire.
Anger's a shorter frenzy, then subdue
Your passion, or your passion conquers you;
Unless your reason holds the guiding reins,
And binds the tyrant in coercive chains."

When Aristides, so remarkable for his inviolable attachment to justice, was tried by the people at Athens and condemned to banishment, a peasant who was unacquainted with the person of Aristides, applied to him to vote against Aristides. "Has he done you any wrong," said Aristides, "that you are for punishing him in this manner?" "No," replied the countryman, "I don't even know him; but I am tired and angry with hearing every one call him *the just*."

Mutius, a citizen of Rome, was noted to be of such an envious and malevolent disposition, that Publius, one day observing him to be very sad, said, "either some great evil has happened to Mutius, or some great good to another."

Cambyses, king of Persia, seeing his brother Smerdis draw a stronger bow than any of the soldiers in his army was able to do, was so inflamed with envy against him, that he caused him to be slain.

Maximianus the tyrant, through envy of the honours conferred on Constantine, and the virtues attributed to him by the people, contrived all that a desperate envy could invent, and a great virtue surmount. He first made him general of an army, which he sent against the Sarmatians, supposing he would there lose his life. The young prince went thither, returned victorious, leading along with him the barbarian king in chains. On his return from this battle, the tyrant engaged him in a perilous encounter with a lion, which he purposely had caused to be let loose upon him. But Constantine, victorious over lions as well as men, slew him with his own hand, and impressed an incomparable opinion in the minds of his soldiers, which easily gave him a passage to the throne, by the same degrees and means which were prepared for his ruin.

Medicines cannot cure a disease so odious; education and improvement of morals are its only antidotes. En-

vious persons commonly give too much importance to trifles; hence they ought to be instructed to employ themselves in more useful pursuits; to judge of things according to their true value, and to accustom themselves to a philosophic calmness; they ought to learn how to overcome, or at least to moderate, their selfishness; to counterbalance their expectations with their deserts; and to equal or surpass others in their merits, rather than in their pretensions.

OF AVARICE.

> And, Oh! what man's condition can be worse
> Than his, whom plenty starves and blessings curse?
> The beggars but a common fate deplore;
> The rich poor man's emphatically poor.
> If cares and troubles, envy, grief, and fear,
> The bitter fruits be what fair riches bear,
> If a new poverty grows out of store,
> The old plain way, ye Gods! *let me be poor.*
>
> Cowley.

This vile passion, which frowns at the approach of the stranger, clinches the hand against the poor, denies all encouragement of public good, and can pinch and starve wife and children, is hardly more detestable in a moral point of view, than it is pernicious in a physical. It is true, that by his unwillingness to part with his money, the miser is generally a temperate and even an abstemious character, and so far his vice is beneficial to his health. But in many other respects this detestable vice operates very hurtfully to the health of him who is cursed with it. By the extreme eagerness to make money, by the distressing fears about keeping it, by the inconsolable grief for losing it; besides the heart-aches, the envies and jealousies, the sleepless nights, wearisome days, and numberless other ills which it inflicts on its

slaves, it often ruins their health, and brings them down to the grave by some lingering disease, or more horrible suicide. History tells us of illustrious villains; but there never was an illustrious miser in nature.

The great and learned Hippocrates wished a consultation of all the physicians in the world, that they might advise together upon the means how to cure covetousness. It is now above two thousand years ago since he had this desire; and after him a thousand and a thousand philosophers have employed their endeavours to cure this insatiable dropsy. All of them have lost their labours therein; the evil rather increases than declines under the multitude of remedies. There have been a number in former ages sick of it; and this wide hospital of the world is still as full of such patients as ever it was.

A rich cotton planter in Georgia, in consequence of losing two cents in the pound on a crop of cotton, was seized with such a sadness of heart, that he took to his bed, and refusing to be shaved, shirted, or to take suitable nourishment, died miserable. He was a bachelor, and his estate, on appraisement, amounted to nearly one hundred thousand dollars!

In York county, Pennsylvania, a farmer, so wealthy as to raise one hundred bushels of clover seed on his own lands, in consequence of losing five dollars per bushel on his clover seed, that is only getting seven dollars in Philadelphia, after he had been offered twelve for it at home, was struck with such a deadly heart anguish, that he went into a fit of despondence and hung himself. After his death, silver to the amount of two hundred thousand dollars was found barreled up in his cellar!

Cardinal Angelot was so basely covetous, that by a private way he used to go into the stable, and steal the oats from his own horses. On a time, the keeper of his horses going into the stable in the dark, and finding him

there, taking him for a thief, beat him soundly: he was also so hard to his servants, that his chamberlain, watching his opportunity, slew him.

Lewis the Eleventh, in fear of his father Charles the Seventh, abode in Burgundy, where he contracted a familiarity with one Conon, an herbman: succeeding his father in the kingdom, Conon took his journey to Paris, to present the king with some turnips, which he had observed him to eat heartily of when he sometimes came from hunting: in the way, hunger constrained him to eat them all up, save only one of an unusual bigness, and this he presented to the king. The king, delighted with the simplicity of the man, commanded him a thousand crowns, and the turnip, wrapt up in silk, to be reserved among his treasures. A covetous courtier had observed this; and having already in his mind devoured a greater sum, brought a very handsome horse, and presented him to the king, who cheerfully accepted the gift, and gave orders that the turnip should be brought him: when unwrapt, that it was seen what it was, the courtier complained that he was deluded: "No," said the king, "here is no delusion; thou hast that which cost me a thousand crowns, for a horse that is scarcely to be valued at a hundred."

Nitocris, queen of Babylon, built her sepulchre over the most eminent gate in that city; and caused to be engraved upon her tomb, "What king soever comes after me, and shall want money, let him open this sepulchre and take thence so much as he pleases: but let him not open it unless he want, for he shall not find it for his advantage." Darius, long after, finding this inscription, broke open the sepulchre: but, instead of treasure, he only found this inscription within: "Unless thou wert a wicked man, and basely covetous, thou wouldst never have violated the dormitories of the dead."

OF INTEMPERANCE.

We curse not wine—the *vile excess* we blame;
More fruitful than the accumulated board,
Of pain and misery. For the subtle draught
Faster and surer swells the vital tide;
And with more active poison than the floods
Of grosser crudity convey, pervades
The far remote meanders of our frame.
——————For know, whate'er
Beyond its natural fervour hurries on
The sanguine tide; whether the frequent bowl,
High seasoned fare, or exercise to toil
Protracted, spurs to its last stage tir'd life,
And sows the temples with untimely snow.

ARMSTRONG.

TEMPERANCE, by fortifying the mind and body, leads to happiness. Intemperance, by enervating them, ends in misery. And those who destroy a healthy constitution of body by intemperance, do as manifestly kill themselves, as those who *hang*, *poison* or *drown* themselves. Virtue is no enemy to pleasure; but, on the contrary, is its most certain friend. Her office is to regulate our desires, that we may enjoy every pleasure with moderation; and then our relish for them will continue.

Pleasure, my friend! on this side folly lies;
It may be vig'rous, but it must be wise:
And when our organs once that end attain,
Each step beyond it is a step to pain.

CAWTHORN.

Anacharsis, the Scythian, in order to deter young men from that voluptuousness which is ever attended with ill effects, applied his discourse to them in a para-

ble, telling them that the vine of youthful gratification had three branches, producing three clusters. "On the first," says he, "grows pleasure; on the second, sottishness; on the third, sadness."

Struck by the powerful charm the gloom dissolves
In empty air: Elysium opens round.
A *pleasing frenzy* buoys the lighten'd soul,
And *sanguine hopes* dispel your fleeting cares;
And what are difficult, and what was dire,
Yields to your *prowess* and *superior stars;*
The happiest you, of all that e'er were mad,
Or are, or shall be, could this folly last.
But *soon your heaven is gone;* a *heavier gloom*
Shuts o'er your head; and, as the thund'ring stream
Swoln o'er its banks with sudden mountain rain,
Sinks from its tumult to a silent brook;
So, when the *frantic raptures* in your breast
Subside, you languish into mortal man:
You sleep,——and waking, find yourself *undone;*
For, *prodigal of life*, *in one rash night*
You lavish'd more than might support three days.
A heavy morning comes; your *cares* return
With tenfold rage.

ARMSTRONG.

Drinking is undoubtedly the most miserable refuge from misfortune. It is the most broken of all reeds. This solace is truly short-lived; when over, the spirits commonly sink as much *below* their usual tone, as they had been before raised *above* it. Hence a repetition of the dose becomes necessary, and every fresh dose makes way for another, till the miserable man is rendered a

slave to the bottle; and at length falls a sacrifice to what at first, perhaps, was taken only as a medicine.

Unhappy man, whom *sorrow* thus and *rage*,
Two different ills, alternately engage.
Who drinks, alas! *but to forget;* nor sees
That melancholy, sloth, severe disease,
Memory confused, and interrupted thought,
Death's harbingers, lie latent in the draught,
And in the flowers that wreath the sparkling bowl,
Fell adders hiss, and poisonous serpents roll.

PRIOR.

Were the pleasures of the palate lasting, says Cornaro, *there would be some excuse for inebriety, but it is so transitory, that there is scarce any distinguishing between the beginning and the ending; whereas, the diseases it produces are very durable.*

The story of Prometheus seems to have been invented by physicians in those ancient times when all things were clothed in hieroglyphic, or in fable. Prometheus was painted as stealing *fire* from heaven, which might well represent the inflammable spirit produced by fermentation, that may be said to animate and enliven the *man* of *clay:* whence the conquest of Bacchus, and the heedless mirth and noise of his devotees. *But the after punishment of those who steal this accursed fire, is a vulture gnawing the liver;* which well allegorizes the poor inebriate, labouring under painful hepatic diseases. It is thus beautifully described by Darwin:

So when *Prometheus* braved the Thunderer's ire,
Stole from his blazing throne etherial fire,
And lantern'd in his breast, from realms of day,
Bore the bright treasure to his man of clay:—

High on cold Caucasus, by *Vulcan* bound,
The lean, impatient vulture flutt'ring round;
His writhing limbs in vain he twists and strains,
To break or loose the adamantine chains:
The gluttonous bird, exulting in his pangs,
Tears his swoln liver with remorseless fangs.

Let those who have been enticed frequently to taste spirituous liquors, till at length they begin to have a fondness for them, reflect a moment on the danger of their situation; and resolve to make a speedy and honourable retreat. Remember, that custom soon changes into habit; that habit is a second nature, more stubborn than the first; and, of all things, most difficult to be subdued. Remember, that it is by little unsuspecting beginnings that this unfortunate vice is generally contracted; and, when once confirmed, scarcely terminates but with life! Learn, then, in time, to resist this bewitching spirit, whenever it tempts you. Then will you find yourself so perfectly easy without it, as at length never to regret its absence; nay, peculiarly happy in having escaped the allurements of such a dangerous and insidious enemy.

Those who pride themselves in living fast, and are bent upon "a short and merry life," though, in truth, it is a short and *miserable* one, will, doubtless, spurn at these admonitions, and run headlong to their own destruction. Strange infatuation! Can you submit to such despicable bondage, and tamely give up your freedom without one generous struggle? The present conflict, remember, is not for the fading laurel or tinselled wreath, for which others so earnestly contend, but for those more blooming, more substantial honours, which *Health*, the daugh er of *Temperance*, only can bestow. For it is thine, O *Health!* and thine alone, to diffuse through the human breast that genial warmth, that serene sunshine which glows in the cheek, shines in the eye, and ani-

mates the whole frame! But, if still you have no regard for this blessing, let me remind you of an *hereafter!*

"To die—to sleep—to sleep? perchance to dream—
Ay, *there's the rub!*"

If death was nothing, and *nought* after death;
If, when men died, at once they ceas'd to be,
Returning to the barren womb of Nothing,
Whence they sprung—then might the wretch
That's weary of the world, and tir'd of life,
At once give each inquietude the slip,
By stealing out of being when he pleased,
And by what way; whether by *hemp* or *steel*,
Death's thousand doors are open. Who could force
The ill-pleased guest to sit out his full time,
Or blame him if he goes? Sure, he does well
That helps himself as timely as he can,
When able. But if there's an *hereafter*,
And that there is, *Conscience* uninfluenced,
And suffer'd to speak out, tells every man;
Then must it be *an awful thing to die:*
More horrid yet to die by one's own hand.
Self-murder! dreadful deed! our island's shame,
That makes her the reproach of neighb'ring states:
Shall *Nature*, swerving from her earliest dictates,
Self-preservation, fall by her own act?
Forbid it Heaven! Let not, upon disgust,
The *shameless hand* be foully crimson'd o'er
With blood of *its own lord.* Dreadful attempt!
Just reeking from self-slaughter, *in a rage*

To rush into the presence of our JUDGE;
As if we challeng'd him to do his worst,
And heeded not his wrath.

BLAIR.

It is an invariable law of our present condition, that every *pleasure* which is pursued to *excess*, converts itself to a *poison*. In all the pleasures of sense, it is apparent, that only when indulged *within certain limits*, they confer *satisfaction*. No sooner do we pass the line which temperance has drawn, than pernicious effects come forward, and show themselves. Could we expose to view the monuments of death, they would read a lecture on moderation much more powerful than any that the most eloquent writers can give. You would behold the graves peopled with the victims of intemperance. You would behold those chambers of darkness, hung round, on every side, with the trophies of luxury, drunkenness, and sensuality. So numerous would you find those victims to iniquity, that it may be safely asserted, where war or pestilence have slain their thousands, intemperate pleasure has slain its ten thousands.

O'er the dread feast malignant Chemia scowls,
And mingles poison in the nectar'd bowls;
Fell Gout peeps grinning through the flimsy scene,
And bloated Dropsy pants behind unseen:
Wrapp'd in his robe, white Lepra hides his stains,
And silent Frenzy, writhing, bites his chains.

DARWIN.

By such unhappy excesses, how many amiable dispositions have been corrupted or destroyed! how many rising capacities and powers have been suppressed! how many flattering hopes of parents and friends have been totally extinguished! Who, but must drop a tear over human nature, when he beholds that morning, which arose so

bright, overcast with such untimely darkness; that good humour, which once captivated all hearts; that vivacity, which sparkled in every company; those abilities, which were fitted for adorning the highest station, all sacrificed at the shrine of low sensuality; and one who was formed for running the fair career of life in the midst of public esteem, cut off by his vices at the beginning of his course, or sunk, for the whole of it, into insignificancy and contempt.

The Father justly describes the nature of this beastly vice, when he saith of it, that "It is a flattering devil; a sweet poison; a delightful sin; which he that hath, possesseth not himself; and he that acts it, doth not only commit a sin, but is wholly converted into sin, being deserted of his reason, which is at once his counsellor and guardian." Sometimes he dishonours himself by that which is ridiculous; and at others, exposes himself to hazards, by dealing with things that are dangerous to himself and others.

To show in the most forcible light the dangers of intemperance, the Catholic legends tell us of one who was violently assaulted by the temptations of the devil, to commit one of these three sins: either to be drunk once, or commit adultery with the wife of his neighbour, or else murder his neighbour. At last, being overcome, he yielded to commit the first, as judging it a crime that had less horror in it than either of the other. But, being drunk, he was easily hurried on to the rest, which before he had abhorred: for the flame of his lust being kindled by his luxury, he feared not to violate the chastity of his neighbour's wife; and the husband, casually surprising him, and desirous to revenge himself of the injury he had sustained, received a mortal wound in his hand, whereof he soon afterwards died. Thus, he that had given way to *drunkenness*, was also involved in *adultery* and *murder*.

A man who was addicted to daily drunkenness, in his cups, as often as he had emptied his pockets of money by playing at cards, used to swear he would be the

death of his wife's uncle, because he refused to furnish him with more money to spend. This uncle was a good and honest man, and a person of great hospitality. One night, when he entertained a stranger, he was murdered by him, together with a niece, and a little nephew of his. The next morning, this drunkard coming to the house, not finding the doors open, and having knocked for some time in vain, entered the house by the assistance of a ladder, through one of the windows. As soon as he spied the three dead corpses, he raised the neighbourhood with a lamentable cry; and they suspecting him to be the murderer, immediately laid hold of him, and committed him to prison; and he was very soon afterwards condemned to be hung. He frequently observed, "That he did not think he committed the murder; but, by reason of his daily and continual drunkenness, he could affirm nothing of a certainty: that he had sometime a will, or rather an inclination, to kill his uncle; but that he should never have touched his niece or young nephew." However, the innocent wretch was executed. Not long after, the execrable murderer, unable to endure the hourly tortures which an avenging God inflicted upon his soul, presented himself of his own accord before the judges; beseeching them, that by a speedy death, he might be freed from that hell he felt here alive; affirming, that whether awake or asleep, the image of the child whom he had strangled, presented itself to his eyes, shaking the furies' whips at him. When he spoke this before the tribunal, he continually fanned his face with his hands, as if to blow off the flames. The fact being evident by the goods taken, and other discoveries, he also was condemned to be hanged, and accordingly was executed.

A young gentleman of most respectable parentage, being rather intemperate, was urged by his parents to marry, thinking that might produce a change of his habits. He paid his addresses to a most amiable young lady, of a fair estate, to whom he was soon united in wedlock. It was not many months after marriage, be-

fore he resumed his former habits, and what with drinking and gambling, he very soon exhausted the whole of her fortune. Executions being out against him, he was compelled to keep at home, where he did nothing but get drunk and abuse his amiable wife. One night, filled with rage, he resolved to destroy her, and going at a late hour into the kitchen, where she had been constrained to retire from his abuse, he continued his opprobrious language to her, and notwithstanding she gave him none but loving and kind words, yet he struck her over the head with a large stick, which she bore patiently, although it much injured her face. He still continuing to rage at her; wearied, and in great fear, she rose up and went to the door. Here he followed her, with a chopping-knife in his hand, with which he struck at her wrist, and cut her very much; no help being near but an old woman, who durst not interpose, fearing for her own life, who prayed her mistress to stay and be quiet, hoping all would be well, and so getting a napkin, bound up her hand with it. After this, still railing and raging at his wife, he struck her on the forehead with an iron cleaver, whereupon she fell down bleeding; but recovering herself, upon her knees she prayed unto God for the pardon of her own and her husband's sins, praying God to forgive him as she did. But as she was thus praying, the infernal demon, her husband, split her skull open with the cleaver, so that she died immediately: for which he was apprehended, condemned, and hanged. But so callous was the wretch, that even under the gallows he did not exhibit any marks of repentance.

Retreat then from your dishonourable courses, ye who by licentiousness, extravagance, and vice, are abusers of the world! You are degrading, you are ruining yourselves. You are grossly misemploying the gifts of *God*, and mistake your true interest. Awake, then, to the pursuits of men of virtue and honour. Break loose from that magic circle, within which you are at present held. Reject the poisonous cup which the enchantress Pleasure holds up to your lips. Draw aside the veil, which

she throws over your eyes. You will then see other objects than you now behold. You will see an abyss opening below your feet. You will see *Virtue* and *Temperance* marking out the road which conducts to *true felicity.*

You stand upon eternity's dread brink;
Faith and *repentance* seek with earnest prayer,
Despise *this* world, the *next* be all your care.

TRAPP.

It is a lamentable fact, so great is the infatuation of this vice, that few, once deluded, have ever after recovered their freedom. Some glorious instances, however, have occurred, which is surely fine encouragement to others. We also have the pleasure to find none are greater enemies to vice, than those who formerly were the slaves of it, and have been so fortunate as to break their chain and recover their liberty.

A medical gentleman in Virginia, who was married to a most amiable lady, by associating with dissipated characters, became at length intemperate himself. As soon as he acquired habits of intemperance, his disposition was altered, and from an affectionate husband he proved very turbulent, and treated his wife so ill that she was constrained to separate from him. After living a disorderly life for some time, he was brought to a sense of reflection, and with an entire change of mind and manners, he renounced all vicious habits, plead *guilty* before his amiable wife, who was ready to forgive, and they have since lived in the utmost harmony. So sensible is he of the danger of using spirituous and vinous liquors to excess, that he will not taste them, lest he should be enticed to exceed the bounds of moderation; and whenever he sees a person so inclined, never fails to caution him against so *insidious* an enemy.

A gentleman in Maryland, who was addicted to drunkenness, hearing a considerable uproar in his kitchen one night, felt the curiosity to step without noise to the door, to know what was the matter; when, behold, they were all indulging in the most unbounded roars of laughter, at a couple of his negro boys, who were mimicking *himself* in his drunken fits!—as, how he reeled and staggered; how he looked and nodded, and hickupped and tumbled! The *pictures* which these children of nature drew of him, and which had filled the rest with such inexhaustible merriment, struck him with so salutary a disgust, that from that night he became perfectly a sober man, to the inexpressible joy of his wife and children.

A very respectable gentleman in Philadelphia, had a wife who, by her fondness for strong drink, had almost broken his heart. At length he was advised, "as a desperate remedy in a desperate disease," to place a barrel of spirits in her closet, and let her kill herself as soon as possible, since every persuasive means had been used in vain to break her of this beastly vice. At the sight of so extraordinary a visitant in her closet, she was struck with such horror at the idea of the dreadful design on which it was placed there, that she was immediately reclaimed, and recovered all the purity and lustre of her former character, to the infinite joy of her husband, children and numerous friends.

Colonel Gardiner, a gentleman of fortune, who, to all the advantages of a liberal and religious education, added every accomplishment that could render him most agreeable; early entered into the army, and was soon called into actual service, at which time he behaved with a gallantry and courage which will always give a splendour to his name among the British soldiery, and render him, in this respect, an example worthy of their imitation. But, alas! amidst all the intrepidity of the martial hero, you see him vanquished by the blandishments of pleasure, and plunging into the most criminal excesses.

Before he had attained the age of twenty-two, he fought three duels. In the battle of Ramillies, he was shot through the neck, and by a singular intervention, as it were of Providence, when the strippers of the dead came to him, and had taken up an instrument, wholly to abolish life, being faint and speechless from loss of blood, a friar interfered, and some spirits being given him, he was revived, and made prisoner. He still, however, lived without a sense of God or religion. After his exchange he rose gradually in the army, till at last he became aid-de-camp to Lord Stair. He then went to Paris during the reign of the Duke of Orleans, and lived in a court, the most dissolute in the world. What, by a wretched abuse of words, is styled gallantry, was the whole business of his life; and his fine constitution, fascinating person, and elegant address, gave him full opportunity of indulging in every excess, so that he generally went by the name of the happy Englishman. When returning to England, as he was going post upon a French horse, the animal fell with him, and he was picked up for dead. When in the packet-boat, a few weeks after, a violent storm arose, and the vessel was in so much danger, that the captain urged all to prayers. It was then that colonel Gardiner first seriously considered the follies and crimes he had been guilty of; that he was not sent into the world for nought; that he had neglected the part assigned him; had degraded his own nature; and, instead of being useful, had been hurtful among those with whom he had acquaintance. What account had he to give to his Maker? Self-condemned, polluted by so many crimes, how was he to find mercy in the sight of God? Hence an overwhelmed and dejected mind; hence that wounded spirit, which who can bear? His prayer was long and fervent, and troubled with many tears. The mercy of God was again shown him, but among his giddy and dissolute companions, he soon afterwards endeavoured to excuse himself the scandal of "having prayed." Some time after, having made an assignation with a married lady, to kill time, he went to a neighbour's house, and the master being sud-

denly called out, he stumbled upon a book which was called the *Christian Soldier;* as the hour was not yet arrived, he took up this book, and from the title had the curiosity to dip into it. Some passages struck his attention, and he read on till he fell asleep. He dreamt he saw an unusual blaze of light poured upon the book, and he afterwards had a strong visual representation of the Lord Jesus Christ upon the cross, surrounded on all sides with glory, who addressed him "as an ungrateful sinner, despising the numerous mercies shown him." When he awoke, the impression was so vivid, that he could scarce conceive it had been a dream; he then looked back with horror on his past life; he would fain have kneeled down and asked pardon of God, but he thought he was a monster as yet too vile to supplicate Heaven. He never once remembered the assignation, but went home, and passed this and the three succeeding nights without the refreshment of sleep, in fasting and prayer. His mind was continually taken up in reflecting on the Divine purity and goodness; the grace which had been proposed to him in the Gospel, and which he had rejected; the singular advantages he had enjoyed and abused; the many mercies he had received and despised; with the vain folly of that career of pleasure, which he had been running with desperate eagerness: all roused his indignation against the great Deceiver, by whom, to use his own expression, "he had been so wretchedly befooled!" Thus the whole frame and disposition of his soul was new-modelled and changed; and he became, and continued to the last, a most pious and exemplary Christian.

Repent, believe, and mourn your errors past,
And live each day as though it were your last.

RURAL CHRISTIAN.

O *Temperance!* thou support and attendant of other virtues! Thou preserver and restorer of health! Thou maintainer of the dignity and liberty of rational beings, from the wretched, inhuman slavery of Sensuality,

Taste, Custom, and Example! Thou brightener of the understanding and memory! Thou sweetener of life and all its comforts! Thou companion of reason, and guardian of the passions! Thou bountiful rewarder of thy admirers and followers! how do thine excellencies extort the unwilling commendations of thine enemies! and with what rapturous delight can thy friends raise up a panegyric in thy praise!

OF VANITY.

So weak are human kind by Nature made,
Or to such weakness by their vice betray'd;
Almighty VANITY! to thee they owe
Their *zest* of pleasure, and their *balm* of woe.

YOUNG.

VANITY consists of an agreeable reverie; and is well ridiculed in the story of Narcissus, who so long contemplated his own beatiful image in the water, that he died from neglect of taking sustenance.

On the green margin sits the youth, and laves
His floating train of tresses in the waves;
Sees his fair features paint the streams that pass,
And bends for ever o'er the watery glass.

DARWIN.

As the vain found their claims on qualities which they do not possess, they frequently meet with mortifications; while their extreme solicitude for distinctions they are not entitled to, can never allow them any repose; hence vanity is an enemy to health.

Observe a lady at a ball, anxious to be thought the finest woman in the assembly, and doubtful of success. The pleasure, which it is the purpose of the assembly to enjoy, is lost to her. She does not for a moment experience such a sensation; for it is totally absorbed by the prevailing sentiment, and the pains that she takes to conceal it. She watches the looks, the most trivial marks of the opinion of the company, with the attention of a moralist, and the anxiety of a politician; and wishing to conceal from every eye the torments she feels, her affectation of gaiety at the triumph of a rival; the turbulence of her conversation when that rival is applauded; the over-acted regard which she expresses for her; and the unnecessary efforts which she makes, betray her sufferings and her constraint. Grace, that supreme charm of beauty, never displays itself but when the mind is perfectly at ease, and when confidence prevails. Uneasiness and restraint obscure those advantages which we possess; the countenance is contracted by every pang which self-love occasions. We very soon discover the change; and the vexation the discovery produces, still augments the evil which it is desirous to repair. Vexation increases upon vexation, and the object is rendered more remote by the very desire of possession. In this picture too, which, we should think, ought only to remind us of the caprices of a child, we recognize the sufferings of maturer age, the emotions which lead to despair, and to a detestation of life.

Dominicus Sylvius, Duke of Venice, married a gentlewoman of Constantinople. She plunged into sensuality with so much profusion, that she could not endure to lodge but in chambers full of delicious perfumes; she would not wash herself but in the dews of heaven, which must be preserved for her with much skill: her garments were so pompous, that nothing remained but to seek for new stuffs in heaven, for she had exhausted the treasures of earth: her viands were so dainty, that all the mouths of kings tasted none so exquisite; nor would she touch her meat but with golden forks and

precious stones. God, to punish this pride and superfluity, cast her on a bed, and assailed her with a malady so stinking and frightful, that all her nearest kindred were forced to abandon her; and none stayed about her but a poor old woman, thoroughly accustomed to stench and death. The delicate Seniora was infected with her own perfumes in such a manner, that from all her body there began to drop a most stinking humour, and a kind of matter so filthy to behold, and so noisome to the smell, that every man plainly perceived that her dissolute and excessive daintiness had caused the infection in her.

If a beautiful, proud, and gay woman, would but seriously reflect on what a loathsome carcase she must ere long become in the grave, amidst worms and corruption, it would tend to mortify her pride, lessen her vanity, and teach her to be humble.

Ye proud, ambitious, wealthy, young, and gay,
Who drink the spirit of the golden day,
And triumph in existence, come with me,
And in the mould'ring corpse your picture see,
What you, and all, must soon or later be.

SOLITARY WALKS.

Pride, well placed and rightly defined, is of ambiguous signification, says the late incomparable Marquis of Halifax: one kind of it is as much a virtue as the other is a vice. But we are naturally so apt to chose the worst, that it has become dangerous to commend the best side of it. Pride is a *sly*, *insensible enemy*, that wounds the soul unseen, and many that have resisted other formidable vices, have been ruined by this subtle invader; for, though we smile to ourselves, at least ironically, when flatterers bedaub us with false encomiums; though we seem many times angry, and blush at our praises; yet our souls inwardly rejoice; we are pleased with it,

and forget ourselves. Some are proud of their quality, and despise all below it; first, set it up for the idol of a vain imagination, and then their reason must fall down and worship it. They would have the world think, that no amends can be made for the want of a great title. They imagine, that with this advantage, they stand upon the higher ground, which makes them look down upon merit and virtue as things inferior to them. Some, and most commonly women, are proud of their fine clothes; and when they have less wit and sense than the rest of their neighbours, comfort themselves with the refleetion that they have more lace. Some ladies put so much weight upon ornaments, that if one could see into their hearts, it would be found that even the thought of death was made less heavy to them, by the contemplation of their being laid out in state, and honourably attended to the grave. The man of letters is proud of the esteem the world gives him for his knowledge; but he might easily cure himself of that disease, by considering how much learning he wants. The military man is proud of some great action performed by him, when possibly it was more owing to fortune than his own valour or conduct: and some are proud of their ignorance, and have as much reason to be so as any of the rest; for they being also compared with others in the same character and condition, will find their defects exceed their acquisitions.

O, sons of earth! attempt ye still to rise,
By mountains pil'd on mountains to the skies?
Heaven still with laughter the vain toil surveys,
And buries madmen in the heaps they raise.

POPE.

Hannibal was so exalted with the victory he had won at Cannæ, that afterwards he admitted not any of the citizens of Carthage into his camp, nor gave answer to any but by an interpreter. Also, when Maherbal said at his tent door, "That he had found out a way whereby

in a few days, if he pleased, he might sup in the capitol," he despised him. So hard is it for felicity and moderation to keep company together.

Alcibiades had his mind exceedingly puffed up with pride, upon the account of his riches and large possessions in land; which, when Socrates observed, he took him along with him to a place where was hung up a map of the world, and desired him to find out Attica in that map; which, when he had done, "Now," said he, "find me out your own lands:" and when he replied, that "they were not all set down;" "How is it then," said Socrates, "that thou art grown proud of the possession of that which is no part of the earth."

A person of infinite wit, speaking of what might precisely be called a proud and vain man, once said, "*When I see him, I feel something like the pleasure of seeing a happy couple; his self-love and he live so happily together.*"

I once saw, says Dr. Darwin, a handsome young man, who had been so much flattered by his parents, that his vanity rose so near to insanity, that one might discern, by his perpetual attention to himself, and the difficulty with which he arranged his conversation, that the idea of himself intruded itself at every comma, or pause of his discourse.

I dreamt that, buried with my fellow clay,
Close by a common beggar's side I lay;
And as so mean an object shock'd my pride,
Thus like a corpse of consequence I cried:
Scoundrel, begone! and henceforth touch me not,
More manners learn, and at a distance rot.
"Scoundrel, then," with haughtier tone cried he,
"Proud lump of earth, I scorn thy words and thee;

Here all are equal, now thy case is mine,
This is my rotting place, and that is thine."

DODD.

The cure of vanity may be attempted by excess of flattery, which will at length appear ridiculous, or, by its familiarity, will cease to be desired. I remember, says Dr. Darwin, to have heard a story of a nobleman, in the court of France, who was so disagreeably vain in conversation, that the king was pleased to direct his cure, which was thus performed. Two gentlemen were directed always to attend him; one was to stand behind his chair, and the other at a respectful distance before him: whenever his lordship began to speak, one of them always pronounced, "Lord Gallimaufre is going to say the best thing in the world." And, as soon as his lordship had done speaking, the other attendant pronounced, "Lord Gallimaufre has spoken the best thing in the world." Till, in a few weeks, this noble lord was so disgusted with praise, that he ceased to be vain, and his majesty dismissed his keepers.

OF MODESTY.

HAIL, Modesty! fair female honour hail!
Beauty's *chief ornament*, without whose charms
Beauty disgusts, or gives but vulgar joys.
Thou *giv'st the smile its grace; the heightened kiss*
Its balmy essence sweet!

ARMSTRONG.

MODESTY is to virtue, what a fine veil is to beauty. It is one of the most distinguishing and attractive characteristics of the female sex. It comprises the beauties of the mind, as well as those of the body; and it not only heightens the desire of the male, but deters him

from rudeness and improper behaviour. It is, therefore, the interest of the men to cherish, and not to injure, by indelicacy, a quality from which they derive so much pleasure and advantage.

I remember, says a female author of great distinction, the count M——, one of the most accomplished young men in Vienna, when I was there; he was passionately in love with a girl of peerless beauty. She was the daughter of a man of great rank and influence at court; and, on these considerations, as well as in regard to her charms, she was followed by a multitude of suitors. She was lively and amiable, and treated them all with an affability which still kept them in her train, although it was generally known that she had avowed a predilection for the count, and that preparations were making for their nuptials. The count was of a refined mind and delicate sensibility; he loved her for herself alone; for the virtues which he believed dwelt in her beautiful form; and, like a lover of such perfections, he never approached her without timidity; and when he touched her, a fire shot through his veins that warned him not to invade the vermilion sanctuary of her lips. Such were his feelings, when, one night, at his intended father-in-law's, a party of young people were met to celebrate a certain festival; several of the young lady's rejected suitors were present. Forfeits were one of the pastimes, and all went on with a grateful merriment, till the count was commanded, by some witty Mademoiselle, to redeem his glove by saluting the cheek of his intended bride. The count blushed, trembled, advanced to his mistress, retreated, advanced again—and at last, with a tremor that shook every fibre in his frame, with a modest grace, he put the soft ringlets, which played upon her cheek, to his lips, and retired to demand his redeemed pledge, in evident confusion. His mistress gaily smiled, and the game went on. One of her rejected suitors, but who was of a merry, unthinking disposition, was adjudged by the same indiscreet crier of the forfeits, to snatch a kiss from the lips of the object of his recent vows. A

lively contest between the lady and gentleman lasted for a minute! but the lady yielded, though in the midst of a convulsive laugh. And the count had the mortification, the agony, to see the lips, which his passionate and delicate love would not allow him to touch, kissed with roughness by another man, and one whom he despised. Without a word, he rose from his chair, and left the room, and the house—and never saw her more! Thus, by that *good-natured kiss*, the fair boast of Vienna lost her husband and her lover.

"Learn, then, ye fair, to keep the person sacred;
——————————— like the pure mind,
Be that array'd in modest dignity:
Nor e'en its beauties flauntingly expose—
Thus may ye keep the heart your charms have won.

The attractive grace and powerful charm of *Modesty*, cannot be better illustrated, than by relating the following interesting narrative.

Charlotte Corday was tall and well-shaped, of the most graceful manners and modest demeanour; there was in her countenance, which was beautiful and engaging, and in all her movements, a mixture of softness and dignity, which were evident indications of a heavenly mind. She came to Paris, and under a feigned pretext gained admission to that republican tyrant, Marat, in whose breast she plunged a dagger, acknowledged the deed, and justified it, by asserting that it was a duty she owed her country and mankind, to rid the world of such a monster. Her deportment during her trial was *modest* and *dignified*. There was so engaging a *softness* in her countenance, that it was difficult to conceive how she could have armed herself with sufficient intrepidity to execute the deed. Her answers to the questions of the tribunal, were full of *point* and *energy*. She sometimes surprised the audience by her *wit*, and excited their admiration by *her eloquence*. Her face sometimes *beamed*

with *sublimity*, and was sometimes *covered* with *smiles*. She retired while the jury deliberated on their verdict; and when she again entered the tribunal, there was a *majestic solemnity* in her demeanour, which perfectly became her situation. She heard her sentence with attention and composure, and left the court with *serenity*, her mind being long before prepared even for the last scene. It is difficult to conceive the *heroism* which she displayed in the way to execution. There was such an air of chastened exultation thrown over her countenance, that she inspired sentiments of love, rather than pity. The spectators, as she passed, uncovered their heads before her, and others gave loud tokens of applause. She ascended the scaffold with undaunted firmness. When the executioner informed her that her feet must be tied to the fatal plank, she submitted with a smile. When he took off her handkerchief, the moment before she bent under the fatal stroke, she *blushed deeply;* and her head, which was held up to the multitude the moment after, exhibited the last impression of offended modesty.

Such an instance of a young female, given up to destruction, and yet so tremblingly alive to modesty, that even in her last moments she resents the slightest insult to that, more than she dreads the executioner's axe, is a display of the charm, as well as the force of virtue triumphant over death, that deserves to be preserved in everlasting remembrance. Its effects on the crowd beggared all description. Admiration held the gazing thousands mute. And though, while gazing on her cheeks yet divinely enriched with the blush of deathless modesty, they shed their tears over her untimely fate; still their joy-glistening eyes seemed to thank her for such a proof of the divinity of virtue, and the birth-right of innocence to heaven. One of the spectators, a young man, by the name of *Lux*, had his feelings wrought to such an adoration of her virtues, that he proposed in a pamphlet published the day after, to erect a monument to her honour, and to inscribe it with these words:—GREATER THAN BRUTUS.—He was instantly

sentenced to the guillotine. He received the news with joy, and died exulting that he had the honour of being offered up at the same altar with the immaculate *Charlotte Corday.*

Modesty is one of the chiefest moral virtues in itself, and an excellent stock to graft all others on. Other qualifications have their abatements agreeable to their use designed, and the opinion the world has of their owners; but modesty is a virtue which never feels the weight of censure; for it silences envy by meriting esteem, and is beloved, commended, and approved wheresoever it is found. It is the truest glass to dress by, the choicest director of our discourses, and a sure guide in all our actions. It gives rules in forming our looks, gestures, and conversations; and has obtained such an esteem among the judicious, that though mode or art be wanting, it will either cover, excuse, or supply all defects; because it is guarded by an aversion to what is criminal, an utter dislike of what is offensive, and a contempt of what is absurd, foolish, or ridiculous. It is the great ornament of both sexes; for those that have forfeited their modesty, are reckoned among the worthless, that will never come to any thing but shame, scandal, and derision: and indeed the deformity of immodesty well considered, is instruction enough, from the same reason, that the sight of a drunkard is a better sermon against that vice, than the best that was ever preached upon the subject.

The Milesian virgins were in times past taken with a strange distemper, of which the cause could not then be found out; for all of them had a desire of death, and a furious itch of strangling themselves: many finished their days this way in private: neither the prayers nor tears of their parents, nor the consolation of their friends prevailed; but, being more subtle and witty than those that were set to observe them, they daily thus died by their own hands. It was therefore thought that this dreadful thing came to pass by the express will of the gods, and was greater than could be provided against

by human industry. At last, according to the advice of a wise man, the council set forth this edict: "That every such virgin as from henceforth should lay violent hands upon herself, should, dead as she was, be carried stark naked along the market-place." By which means not only they were restrained from their killing themselves, but also their desire of dying was utterly extinguished. A strange thing, that those who tremble not at death, the most formidable of all things, should yet through an innate modesty, not be able to conceive in their minds, much less endure a wrong to their modesty, though dead.

Plutarch observes, that as thistles, though noxious things in themselves, are usually signs of an excellent ground wherein they grow; so bashfulness, though many times a weakness and betrayer of the mind, is yet generally an argument of a soul ingenuously and virtuously inclined.

We read of many, who, through modesty and fear, when they were to speak publicly, have been so disappointed, that they were forced to hold their tongue. Thus Cicero writes of Cario, that being to plead in a cause before the senate, he was not able to speak what he had premeditated. Also, Theoprastus being to speak before the people of Athens, was on a sudden so deprived of memory, that he remained silent. The same happened to the famous Demosthenes in the presence of king Philip. Nor are we ignorant that the like misfortunes have befallen many excellent persons in our times.

An Athenian, of decrepid age, came into the theatre at Athens, on a public night, when it was very much crowded. He went to that part of the house where his young countrymen were sitting, but instead of making room for him, they closed their ranks. By chance he came to the place where sat some young Lacedemonians of the first distinction, who, moved with the age of the

man, in reverence to his years and hoary hairs, rose up, and placed him in an honourable seat amongst them; which, when the people beheld, with a loud applause, they approved the modesty of another city. At which one of the Lacedemonians said, "it appears that the Athenians do understand what is to be done, but they neglect the practice of it."

These young Lacedemonians were Heathens. How devoutly were it to be wished, that all young Christians would copy so fair an example, and learn to treat seniority with a respect equally amiable and endearing.

That was a modesty worthy of eternal praise, of Godfrey of Bulloign. By the universal consent of the whole army he was saluted king of Jerusalem, upon the taking of it out of the hands of the Saracens: there was also brought him a crown of gold, sparkling with jewels, to be set upon his head; but he put it by, saying, "it was most unfit for him, who was a mortal man, a servant, and a sinner, to be there crowned with gems and gold, where Christ, the Son of God, who made heaven and earth, was crowned with thorns."

OF DRESS.

If the rude verse that now detains your ear,
Should to one female heart conviction bear;
Recall one gentler mind from *Fashion's* crew,
To give to Nature what is Nature's due;
—Whilst others mount the arduous heights of fame,
To wake your feelings be my nobler aim:
Nor yet unblest, if, whilst I fail to move,
The fond attempt my kind intention prove.

ROSCOE.

PLINY, one of the most celebrated naturalists of antiquity, pathetically laments, "that whilst *Nature* has given various clothing to the brute creation, and even fenced plants and trees with bark against the injuries

of the cold and heat, she should have cast man into this world naked, unprovided against the inclemency of different climates and seasons." But, instead of agreeing with that philosopher, that *Nature* has, in this particular, acted more like a cruel step-mother, than a kind and indulgent parent to man, we cannot sufficiently extol her providence and wisdom. It was no more than consistent with equity to provide the irrational part of her works with clothing suitable to their circumstances; but man, whom she endued with the transcendant faculty of REASON, she hath very wisely left to accommodate himself to the difference of season and climate, and to clothe himself, accordingly, with the fleeces, the skins of animals, and the products of various plants and trees.

Midwifery was first practised by women. Hence the dressing of children became an art which few could attain. Each midwife strove to outdo all others in this pretended knowledge. These attempts were seconded by the vanity of parents, who, too often desirous of making a show of the infant as soon as it was born, were ambitious to have as much *finery* heaped upon it as possible. Thus it came to be thought as necessary for a midwife to excel in bracing and dressing an infant, as for a surgeon to be expert in applying bandages to a broken limb; and the poor child, as soon as it came into the world, had as many rollers and wrappers applied to the throat and body, as if every bone had been fractured in the birth; and these often so tight, as not only to gall and wound its tender frame, but even to obstruct the motion of the organs necessary for life.

Nature knows no other use of clothes but to keep the body *warm*. And the pressure of the abdomen by rollers or laced jackets, impedes the action of the stomach and bowels, and the motion necessary for respiration; and consequently the just circulation of the blood. Hence a train of dreadful disorders ensues.

The shape God has given, is too often attempted to be *mended* by dress, and those who know no better, believe that mankind would be frights without its assistance. The bones of growing persons are so cartila-

ginous, that they readily yield to the slightest pressure, and easily assume the mould in which they are confined. Hence it is that so many girls, in proportion to boys, are misshapen.

A lady who had no girls but were misshapen, though her family was numerous, consulted the celebrated anatomist, Mr. Cline, on the prevention. '*To have no stays, —and to let the next girl run about like the boys,*" was the excellent advice of this gentleman; which being complied with, none of the future children were afterwards *marred* by the illplaced attention of the ignorant mother.

It has been said, observes a celebrated female author, that the *love of dress* is natural to the sex; and we see no reason why any female should be offended with the assertion. Dress however must be subject to certain rules: be consistent with the graces, and with nature. By attending to these particulars is produced that agreeable exterior which pleases, we know not why; which charms, even without that first and powerful attraction, beauty.

Fashion, in her various flights, frequently soars beyond the reach of propriety. Good sense, taste, and delicacy, then make their appeal in vain. Her despotic and arbitrary sway levels and confounds. Where is delicacy? where is policy? we mentally exclaim, when we see the fair inconsiderate votary of fashion exposing, unseemly, that bosom which good men delight to imagine the abode of innocence and truth. Can the gaze of the voluptuous, the unlicensed admiration of the profligate, compensate the woman of sentiment and purity, for what she loses in the estimation of the moral and just? But, delicacy apart, what shall we say to the blind conceit of the *robust*, the *coarse*, the *wanton fair one*, who thus obtrudes the ravages of time upon the public eye?

Nature having maintained a harmony between the figure of a woman, and her years, it is decorous that the

consistency should extend to the materials and fashion of her apparel. For youth to dress like age, is an instance of bad taste seldom seen. But age affecting the airy garment of youth, the transparent *drapery of Cos*, and the sportiveness of a girl, is an anachronism, as frequent as it is ridiculous.

Virgin, bridal Beauty, when she arrays herself with taste, obeys an end of her creation; that of increasing her charms in the eyes of some virtuous lover, or the husband of her bosom. She is approved. But when the *wrinkled fair*, the *hoary-headed matron*, attempts to equip herself for conquest, to awaken sentiments which, the bloom of her cheek gone, her *rouge* can never arouse; then we cannot but deride her folly. There is a mediocrity which bounds all things, and even fixes the standard which divides virtue from bombast. Let us, therefore, in every concern, endeavour to observe this happy temperature. Let the youthful female exhibit, without shade, as much of her bust as shall come within the limits of fashion, without entering the borders of immodesty. Let the fair of riper years appear less exposed. To *sensible* and *tasteful* women, a *hint* is sufficient. Such can never lose sight of that fine sentiment which is so happily expressed by the inimitable Thomson:

——————————————— Loveliness
Needs not the foreign aid of ornament;
But is, when unadorn'd, adorn'd the most.

There are persons who neglect their dress from pride, and a desire to attract by a careless singularity; but wherever this is the case, depend on it, something is wrong in the mind. Lavater has observed, that persons habitually attentive to their attire, display the same regularity in their domestic affairs. *Young women*, he continues, *who neglect their toilet and manifest little concern about dress, indicate a general disregard of order; a mind but ill adapted to the details of house-keeping; a*

deficiency of taste, and of the qualities that inspire love: they will be careless in every thing. The girl of eighteen, who desires not to please, will become a slut or shrew at twenty-five.

"Taste," says, Dr. Knox, "requires a congruity between the internal character, and the external appearance." Another author, the discriminating Chesterfield, observed, that "a prepossessing exterior is a perpetual letter of recommendation."

Hence we see that the desire of exhibiting an amiable exterior is essentially requisite in women. It is to be received as an unequivocal symbol of those qualities, which we seek in a wife; it indicates cleanliness, sweetness, a love of order, and universal propriety. What, then, is there to censure in a moderate consideration of dress? Nothing. We may blame, when we find extravagance, profusion, misappropriation; the tyranny of fashion; slavery to vanity; in short, bad taste!

Though we cannot hope entirely to escape the unpleasant sensations, or altogether to ward off the fatal effects occasioned by the sudden changes of our climate; yet, considering properly *the nature of clothing*, we may avoid much of the danger. If ladies are subject to *catch cold* more frequently than men, it is not *alone* their delicacy of constitution, or their being more confined within doors; but the frequent changes they make in the quality and quantity of their garments, and sometimes, however fearful of a partial current of air, because they expose those parts of the body that a little before had been warmly clad. If a greater proportion of females fall victims to *consumption*, is it not because, losing sight more than men of its primary purpose, says Dr. Beddoes, they regulate their dress solely by fantastic ideas of elegance?

After the high encomiums bestowed upon flannel by so many respectable authors, both ancient and modern, and by persons who, from long experience, have ascertained its beneficial effects, it is surprising that any individual should be whimsical or hardy enough to dispute

its *general* salubrity, merely with a view to establish a favourite hypothesis.

It has been objected, that flannel worn next the skin is debilitating, because it too much increases perspiration; but this is not founded on truth, since perspiration, *as long as the skin remains dry*, never can be hurtful. In answer to another objection against the wearing of flannel, it is certain that a flannel shirt may preserve the body as clean, and much cleaner, than linen, *if as frequently changed.*

To cold or phlegmatic temperaments; to all who lead a sedentary life; to individuals subject to catarrhs, or frequent colds, gout, diarrhœa, and partial congestions of the blood; to all nervous patients and convalescents from severe chronic disorders; to persons who are too susceptible of the impressions of the atmosphere; and, lastly, in such climates and pursuits of life, as are exposed to frequent and sudden changes of air, the wearing of flannel next to the skin is certainly a salutary dress. It will also be found a better preventive of contagion than any other; because, while it encourages perspiration, it at the same time removes the inhaled poisonous particles. It is a mistaken notion that flannel is too warm a clothing for summer. I have never found the least inconvenience from wearing it during the hottest weather; but, on the contrary, have experienced the greatest advantage. A celebrated author's favourite receipt for health was, "to leave off flannel on mid-summer day, to resume it the day following."

To keep an animal in health, beside the retaining of a due degree of animal heat, there must be a continual generation of new juices, and a perpetual discharge of the old. Without the due quantity of *perspiration*, which with us depends very much on our clothing, neither the vegetable nor animal can continue in health: a plant, whose *perspiration* is stopt, becomes sickly and dies; even an egg, whose shell has been covered with a varnish, and the *perspiration* stopt, will produce no animal.

OF CLEANLINESS.

THE grand discharge, the effusion of the skin,
Slowly impair'd, the languid maladies
Creep on, and through the sick'ning functions steal;
As, when the chilling east invades the spring,
The delicate narcissus pines away
In hectic languor; and a slow disease
Taints all the family of flowers, condemned
To cruel heav'ns. But why, already prone
To fade, should beauty cherish its own bane?
O shame! O pity! nipt with pale quadrille,
And midnight cares, the bloom of Albion dies.

ARMSTRONG.

CLEANLINESS may be considered the grand secret of preserving beauty, as well as promoting health; and, therefore, is applicable to all ages and sexes. It maintains the limbs in their pliancy; the skin in its softness; the complexion in its lustre; the eyes in their brightness; the teeth in their purity; and the constitution in its fairest vigour.

The frequent use of tepid baths is not more grateful to the sense, than it is salutary to health, and to beauty. By such ablution, all impurities are thrown off; cutaneous obstructions removed; and, while the surface of the body is preserved in its original brightness, many threatening disorders are put to the rout. Indeed, so important is this regimen, that every family should make a bathing vessel as indispensable an article in the house as a table.

Against the rigours of a damp, cold Heaven,
To fortify their bodies, some frequent
The gelid cistern; and, where nought forbids,
I praise their dauntless heart.————
With us, the man of no complaint demands

The warm ablution, just enough to clear
The sluices of the skin; enough to keep
The body sacred from indecent soil.
Still to be pure, ev'n did it not conduce,
As much it does, to health, were greatly worth
Your daily pains. 'Tis this adorns the rich;
The want of this is poverty's worst woe;
With this external virtue, age maintains
A decent grace; without it, youth and charms
Are loathsome. This the venal graces know;
So, doubtless, do your wives; for married sires,
As well as lovers, still pretend to taste;
Nor is it less, all prudent wives can tell,
To lose a husband's than a lover's heart.

ARMSTRONG.

Cleanliness is certainly agreeable to our nature. It sooner attracts our regard than even finery itself, and often gains esteem where that fails. It is an ornament to the highest, as well as the lowest situation, and can not be dispensed with in either.

I had occasion, says the author of the Spectator, to go a few miles out of town, some days since, in a stage-coach, where I had for my fellow-travellers, a dirty beau, and a pretty young quaker woman. Having no inclination to talk much, I placed myself backward, with a design to survey them, and to pick a speculation out of my two companions. Their different figures were sufficient to draw my attention. The gentleman was dressed in a suit, the ground whereof had been black, as I perceived from some few spaces that had escaped the powder which was incorporated with the greatest part of his coat; his periwig, which cost no small sum, was after so slovenly a manner cast over his shoulders, that it seemed

not to have been combed since the year 1682; his linen, which was not much concealed, was daubed with plain *Spanish*, from the chin to the lowest button; and the diamond upon his finger, which naturally dreaded the water, put me in mind how it sparkled amidst the rubbish of the mine where it was first discovered.

On the other hand, the pretty Quaker appeared in all the elegance of cleanliness. Not a speck was to be found upon her. A clean, oval face, just edged about with little thin plaits of the purest cambric, received great advantage from the shade of her black hood; as did the whiteness of her arms from that sober-coloured stuff in which she had clothed herself. The plainness of her dress was very well suited to the simplicity of her phrases; all which, put together, gave me an exalted sense both of her good taste and her pure innocence.

This adventure occasioned my throwing together a few hints upon *cleanliness*, which I shall consider as one of the *half-virtues*, as *Aristotle* calls them, and shall recommend it under the three following heads: As it is a mark of politeness; as it produces regard; and as it bears analogy to purity of mind.

First, it is a mark of politeness. It is universally agreed upon, that no one unadorned with this virtue can go into company without giving a manifest offence. The easier or higher any one's fortune is, this duty arises proportionally. The different nations of the world are as much distinguished by their cleanliness, as by their arts and sciences. The more any country is civilized, the more they consult this part of politeness. We need but compare our ideas of a female *Hottentot* and an *English* beauty, to be satisfied of what has been advanced.

In the next place, cleanliness may be said to be the foster-mother of love. Beauty, indeed, most commonly produces that passion in the mind, but cleanliness preserves it. An indifferent face and person, kept in perpetual neatness, has won many a heart from a pretty slattern. Age itself is not unamiable, while it is preserved clean and unsullied; like a piece of marble constantly

kept clean and bright, we look on it with more pleasure than a new vessel that is cankered with rust.

We might observe *farther*, that as cleanliness renders us agreeable to others, so it makes us easy to ourselves; that it is an excellent preservative of health, and that several vices, destructive both to mind and body, are inconsistent with the habit of it. We find, from experience, that through the prevalence of custom, the most vicious actions lose their horror, by being made familiar to us. On the contrary, those who live in the neighbourhood of good example, fly from the first appearance of what is shocking. It fares with us much after the same manner as to our ideas. Our senses, which are the inlets of all the images conveyed to the mind, can only transmit the impressions of such things as usually surround them. So that pure and unsullied thoughts are naturally suggested to the mind by those objects that perpetually encompass us, when they are beautiful and elegant in their kind.

OF PATRIOTISM.

MAN, through all ages of revolving time,
Unchanging man in every varying clime,
Deems his own land, of every land the pride,
Belov'd by Heaven o'er all the world beside;
His home a spot of earth supremely blest,
A dearer, sweeter spot than all the rest.

MONTGOMERY.

PATRIOTISM, properly defined, is the love of the laws and of the commonwealth. It is a sentiment which makes us prefer the interest of the public to our own. At the very name of country, the wise and brave feel an enthusiasm which renders them invincible.

Patriotism also contributes greatly to the promotion of good morals; and hence to health, and every other

blessing, both private and public. Rome, Athens, and Lacedemon, owed all their glory to patriotism; and their nothingness to their forgetfulness of their country, their laws, and morals.

Happy if these awful lessons, read to us in the examples of the great republics of antiquity, could but avail to kindle among ourselves that divine patriotism which once exalted them to such glory among the nations. Among innumerable other blessings, health would then be promoted. For the noble virtues of the soul constituting *patriotism*, as magnanimity, disinterestedness, valour, and consciousness of doing our duty, would diffuse through the heart that habitual complacency and joy most friendly to health; which would be still further promoted by that simplicity of manners, and activity of life, which belongs to Republicans. Whereas, on the contrary, in proportion as national patriotism decays, health becomes enervated by luxuries and other vices, which are sure to overspread a nation that has lost the animating fire of patriotism.

John II. king of Portugal, who, for the nobleness of his mind was worthy of a greater kingdom, when he heard there was a bird called a pelican, that tears and wounds her breast with her bill, that with her own blood she may restore her young ones to life, when left as dead by the bitings of serpents, this excellent prince took care that the figure of this bird, engaged in this action, should be added to his other royal devices; that he might hereby show, that he was ready upon occasion, to part with his own blood for the welfare and preservation of his people and country. Pity it is to conceal their names whose minds have been, in this respect, as pious and princely as his, not fearing to redeem the lives of their fellow-citizens at the price of their own.

Themistocles, the Athenian general, after his many famous exploits, was banished the country, and sought after to be slain; he chose, therefore, to put himself rather into the power of the Persian king, his enemy, than

to expose himself to the malice of his fellow-citizens. He was by him received with great joy; insomuch, that the king, in the midst of his sleep, was heard to cry out thrice aloud, "I have with me Themistocles, the Athenian." He also did him great honour, for he allotted him three cities for his table-provisions, and two others for the furniture of his wardrobe and bed. While he remained in that court with such splendour and dignity, the Egyptians rebelled, encouraged, and also assisted by the Athenians. The Grecian navy was come as far as Cyprus and Cilicia; and Cimon, the Athenian admiral, rode master at sea. This caused the Persian king to levy soldiers, and appoint commanders, to repress them. He also sent letters to Themistocles, then at Magnesia, importing that he had given him the supreme command in that affair, and that he should now be mindful of his promise to him, and undertake this war against Greece. But Themistocles was no way moved with anger against his ungrateful countrymen, nor incited to wage war with them by the gift of all his honour and power; for, after having sacrificed, he called about him his friends, and having embraced them, he drank a strong poison, and chose rather to close his own life, than to be an instrument of evil to his native country, which yet had deserved so ill at his hands. Thus died Themistocles in the sixty-fifth year of his age, most of which time he had spent in the management of the republic at home, or as the chief commander abroad.

At the siege of Turin by the French army in 1640, a sergeant of the Piedmontese guards signalized himself by a singular example of patriotism; this sergeant guarded with some soldiers, the subterraneous parts of a work of the citadel; the mine was charged, and nothing was wanting but what is called a sausage or pudding, to blow up several companies of grenadiers who served in the work, and posted themselves in it. The loss of the work would have accelerated the surrender of the place. The sergeant, with great resolution, ordered the soldiers he commanded to retire, begging them to desire

the king his master to protect his wife and children. He then set fire to the powder, and perished for his country.

On the surrender of Lord Cornwallis, in the American war, the Loyalist of 22 guns, then in the Chesapeake, became a party in that disastrous event; her crew were conveyed to the Count de Grasse's fleet—of that fleet the Ardent captured off Plymouth, made one, but was then in a very leaky condition. The Count being informed that the carpenter of the Loyalist was a man of talents, and perfectly acquainted with the nature of the chain pump, of which the French were ignorant, ordered him on board the Ville de Paris, and addressed him thus: "Sir, you are to go on board the Ardent directly; use your utmost skill, and save her from sinking, for which service you shall have a premium, and the encouragement due to the carpenter of an equal rate in the British navy; to this I pledge my honour; on refusal, you will, during your captivity, be fed on bread and water only." The tar, surprised at being thus addressed in his own language, boldly answered; "Noble Count, I am your prisoner—it is in your power to confine me; but never let it be said that a British sailor forgot his duty to his king and his country, and entered voluntarily into the service of the enemy; your promises are no inducement for me, and your threats shall not force me to injure my country."

There is a land, of ev'ry land the pride,
Belov'd by heaven o'er all the world beside;
Where brighter suns dispense serener light,
And milder moons emparadise the night;
A land of beauty, virtue, valour, truth,
Time-tutor'd age, and love-exalted youth.
'Where shall that *land*, that *spot of earth* be found?'
Art thou a *man?*—a *patriot?*—look around;

O thou shalt find, howe'er thy footsteps roam,
That land *thy* COUNTRY, and that spot *thy* HOME!
MONTGOMERY.

As Americans, we feel the love of country, not merely because of the idea that it is the land where we were born, but because it is the land where we enjoy *freedom*, and *equal rights*, and every blessing that can sweeten life, and gild it over with glory. Hence we need not have gone back to ancient times to show what men have dared from patriotism. No, thank God! we have in our own country, and in our own days, names as bright as ever adorned the annals of time. The memory of my exulting reader is already flying before me to a *host* of heroes, who even courted wounds and death for their country. To Lawrence, whose last words were, "*Don't give up the ship!*"—to Burrowes, who, when desperately wounded on the deck, said, "*I won't be carried below; prop me up that I may see my brave men at their guns!*"—to Lowry Donaldson, who cried, "*My gallant countrymen, I die, but don't let the cause of freedom die with me!*"—to Daviess, who, on the field of Tippecanoe, smiling in the arms of fate, exclaimed, "*Thank God, I die in the best of causes!*"—to a *common sailor*, who, while below, dressing for a mortal wound, and hearing his companions on deck shouting for *victory*, snatched away the shattered stump of his arm, saying, "*Let me go, doctor; I know I am dying; but I must give one huzza more for my country!*"—to Pike, Covington, Gibson, Wood, Holmes, Stoddard, Beasley, Mead, Spencer, Wattles, Hoppuck, Bradford, Armistead, Vanhorn, Jack, Middleton, Woolfolk, Smith, M'Donough, Blaney, Legate, Yates, Jackson, O'Fling, *of the army*—to Allen, Ludlow, Wilmer, Funk, Babbit, Hamilton, Howell, Stansbury, Gamble, Cowell, Williams, Brookes, Bush, Broome, *of the navy*—to Davis, Allen, Lauderdale, Henderson, Graves, Hickman, Hart, M'Cracken, Hooper, Pace, Buel, Hamilton, Evans, Quarles, Brown, Belknap, Blakesley, Clagget, Clemm,

Rosevelt, Poe, *of the militia*—and a thousand other MARTYRS OF LIBERTY, who all rushed into the battle as if animated by the immortal WASHINGTON's injunction,—"*Remember, that you are going to fight for Liberty!*" and who all died rejoicing that they had shed their blood to cement her HOLY FABRIC.

"*To live with fame the gods allow to many; but to die with equal lustre, is a gift which Heaven selects from all the choicest boons of fate, and with a sparing hand on few bestows.*"

OF RELIGION.

YET, though kind Heav'n points out th' unerring road,
That leads through nature up to bliss and God;
Spite of that God, and all his voice divine,
Speaks to the heart, or teaches from the shrine,
Man, feebly vain, and impotently wise,
Disdains the manna sent him from the skies;
Tasteless of all that virtue gives to please,
For thought too active, and too mad for ease,
From wish to wish in life's mad vortex tost,
For ever struggling, and for ever lost;
He scorns Religion, though her seraphs call,
And lives in rapture, or not lives at all.

CAWTHORN.

SOME of my readers may perhaps be surprised, that in a book which professes to treat of *Health*, I should so far forget the text as to introduce the subject of *Religion*. But I trust they will cease to wonder when they consider that health is the physical result of nicely balanced appetites and passions, and that there exists no power on earth, that can so attune these into harmony, as *Religion*. Cast your eye around you, and say whence have sprung most of the diseases, both mental and corporeal, but from lack of this divine guardian of man, *Religion*. By this great name, I do not mean that hypocrisy which consists in gloomy faces, nor that narrow

bigotry which rests on particular forms; the one only shows that religion is very galling to their feelings; the other is but too often false and treacherous, deluding those who behold them, into the opinion of their superior sanctity and virtue. Nor can I entertain a more favourable opinion of those who make a profession of religion and exhibit too much levity. It is a maxim among politicians, "that those who know not how to dissemble, know not how to rule." But this will not hold in religion, where virtue is at all times to be the guide of our actions. And the wretch who would dissemble before God, is an abominable hypocrite—worse than the Atheist—nay, worse than the beast of the earth.

Religion has too often been the mask of dissimulation and hypocrisy, by which many innocent persons have been deluded, then off goes the disguise, and the devil appears in his own likeness.

Oliver Cromwell was a hypocrite in perfection; for though he had more than ordinary sense and courage, yet he would whine and cant to admiration, when he found that it would better advance his designs among the fanatics. He was of no one faction in religion, and yet by his deep dissimulation, kept himself the supreme head of them all. He cajoled the Presbyterians, flattered the Independants, caressed the Anabaptists, and kept them in continual jar with one another, that they might have no leisure to unite against him; and thus accomplished his diabolical design, of placing himself at the head of the government.

There are some sectarians who are so illiberal as to express a belief, that those only of *their* persuasion are in the right road to heaven! Strange infatuation! Can this be consistent with the Scriptures or reason? The pure spirit of the gospel of Christ breathes forth a holy religion, founded on meekness, charity, kindness, and brotherly love; but bigotry or any thing like fanaticism has quite a contrary effect.

In mental illusion, *imagination*, when she first begins to exercise her powers, seizes on some fact, of the real nature of which the mind has but an obscure idea, and,

for want of tracing it through all its connexions and dependencies, misleads reason into the darkest paths of error. The wild conjectures, and extravagant opinions which have issued from this source, are innumerable. The voice of the calm inquirer, *Reason*, is incapable of being heard amidst the tumult; and the favourite image is animated and enlarged by the glowing fire of the *passions*. No power remains to control or regulate, much less to subdue, this mental ray, which inflames the whole soul, and exalts it into the fervour of *Enthusiasm*, hurries it into the extravagance of *Superstition*, or precipitates it into the furious frenzies of *Fanaticism*.

The growth of fanaticism, whether religious or political, is not confined exclusively to any age or country; the seeds of it have been but too plentifully sown in all the regions of the earth; and are equally baneful and injurious in whatever soil they spring. Every bold, turbulent, and intriguing spirit, who has sufficient artifice to inflame the passions of the inconstant multitude, the moment he calls the demon of *fanaticism* to his aid, becomes troublesome, by producing fermentations highly detrimental to the peace of society, and frequently dangerous to the government under which he lives.

The fire of fanaticism is, indeed, so subtilely powerful, that it is capable of inflaming the coldest minds. The rapidity of its progress certainly depends, in a great degree, on the nature of the materials on which it acts; but, like every dangerous conflagration, its first appearances should be watched, and every means taken to extinguish its flames. The extinction is perhaps, most happily and readily effected by those counteractions which the common occupations, and daily duties of life produce on the mind, when judiciously opposed to the flagrant evil. Of the advantages, at least, of this resource, a circumstance in the history of the late Dr. Fothergill, affords a remarkable example.

This celebrated physician, says Dr. Zimmerman, possessed the greatest tranquillity of mind, and had obtained so complete a dominion over his passions, that he declared to a friend, recently before his death, that he

could not recollect a single instance, during the whole course of his life, in which they had been improperly disturbed. This temper, which was perfectly suited to the character of the religion he professed, the tenets of which he strictly practised, he maintained on all occasions; nor was there any thing in his general conduct or manner that betrayed to his most familiar friends the least propensity towards enthusiasm; and yet, distant as the suspicion must be, under these circumstances, that he should ever be under the influence of superstition, it is well known, that while he was a student at Edinburgh, where he was distinguished for the mildness of his manners, and the regularity of his conduct, he one day in an eccentric sally of fanaticism, ran almost entirely naked through the streets of that city, warning all its inhabitants of the impending wrath of Heaven, and exhorting them in the most solemn manner, to avert the approaching danger, by humbly imploring the mercy of an offended Deity. But this religious paroxysm was of short duration. He was at this time in habits of intimacy with the great characters who then filled the professional chairs of the University, and ardently engaged in the pursuits of study; and the exercises which his daily task required, together with the company and conversation of these rational, well-informed, and thinking men, preserved his reason, and soon restored him to the full and free enjoyment of those faculties, from which both science and humanity afterwards derived so many benefits.

"Blest is the man, as far as earth can bless,
Whose measur'd Passions reach no wild excess;
Who, urged by Nature's voice, her gifts enjoys,
Nor other means than Nature's force employs.
While warm with youth the sprightly current flows,
Each vivid sense with vig'rous rapture glows;
And when he droops beneath the hand of age,
No vicious habit stings with fruitless rage;

Gradual his strength and gay sensation cease,
While joys tumultuous sink in silent peace."

It is that fervent love of God and man, constituting the heart-gladdening religion of Christ, which I mean. This not only gives a check to our passions, but also ensures a happiness, which is "like a tree, whose leaf shall not fail."

The man who loves God, enjoys that first of felicities, the *consciousness* of having placed his affections on the only object that truly deserves them. O! how amiable is *gratitude;* especially when directed to the Supreme Benefactor. It is the most exalted principle that can actuate the heart of man.

When a good man looks around him on this vast world, where beauty and goodness are reflected from every object, and where he beholds millions of creatures in their different ranks, enjoying the blessings of existence, he looks up to the UNIVERSAL FATHER, and his heart glows within him. And in every comfort which sweetens his own life, he discerns the same indulgent hand. Thus it is that gratitude prepares a good man for the enjoyment of prosperity; for not only has he as full a relish as others of the innocent pleasures of life, but, moreover, in these he holds communion with God. In all that is good or fair he traces his hand. From the beauties of nature, from the improvements of art, from the blessings of public or private life, he raises his affections to the great Fountain of all the happiness which surrounds him, and this widens the sphere of his enjoyments, by adding to the pleasures of sense, the far more exquisite joys of the heart.

Adversity is the grand test of what is true and what is false among the different objects of our choice; and our love of God, tried by this, will soon discover its infinite value and excellence. Persons of every character are liable to distress. The man who loveth God, and he who loveth him not, are alike exposed to the stroke of

adversity. But on the bad man adversity falls with double weight, because it finds him without defence and without resource. But to the man whose soul rejoices in his God, adversity has nothing gloomy and terrible. Believing every thing in the world to be under the administration of God, and looking up to that God as to an all-wise and benevolent Father and Friend, he welcomes every thing that comes from him. If this goodness of God is so admirably seen in the works of Nature, and the favours of Providence, with what a noble superiority does it even triumph in the *ministry of redemption.* Redemption is the brightest mirror in which to contemplate the most lovely attribute of the Deity.

Herein God manifests his love for poor sinful mortals, in so exalted a manner, that it is beyond parallel; beyond thought; above all blessing and praise.—Incomprehensible love! May it henceforward be the favourite subject of my meditation; more delightful to my musing mind, than applause to the ambitious ear! May it be the darling theme of my discourse; sweeter to my tongue than the dropping of the honey-comb to my taste! May it be my choicest comfort through all the changes of life, and my reviving cordial even in the last extremities of dissolution itself!

Religion, as is justly observed by Dr. Dodd, is such a sense of God on the soul, and our obligation to, and dependence upon him, as to make it our principal study to do that which we think will be pleasing in his sight, and to avoid every thing which we think will offend him. As he is the fountain of goodness and justice, of course religion must be the foundation of every Christian and moral virtue—to do good to all, and to avoid giving offence to, or injuring willingly, even those who are enemies and persecutors.

It is so far from debarring us of any innocent pleasure or comfort of human life, that it purifies our enjoyments, and renders them more grateful and generous; and besides this, it brings mighty pleasures of its own;

those of a glorious hope, a serene mind, a calm and undisturbed conscience, and thus makes us habitually cheerful.

Thou, Cheerfulness, by Heaven design'd
To sway the movements of the mind;
Whatever fretful passion springs,
Whatever wayward fortune brings
To disarrange the power within,
And strain the musical machine;
Thou, goddess, thy attempering hand
Doth each discordant string command,
Refines the soft and swells the strong,
And, joining Nature's general song,
Through many a varying tone unfolds
The harmony of human souls.

AKENSIDE.

Cheerfulness is consistent with every species of virtue and practice of religion. It is an implicit praise and thanksgiving to *Providence*, under all its dispensations. It is a kind of acquiescence in the state wherein we are placed, and a secret approbation of the *Divine will* in his conduct towards man.

As I was betwixt sleeping and waking, says a sublime author, I perceived one of the most shocking figures imagination can frame, advancing towards me. She was dressed in black, her eyes deep sunk in her head, and her complexion pale and livid as the countenance of death. Her looks were filled with terror and unrelenting severity, and her hands armed with whips and scorpions. As soon as she came near, with a horrid frown, and a voice that chilled my very blood, she bade me follow her. I obeyed, and she led me through rugged paths, beset with briers and thorns, and a deep solitary valley. Wherever she passed, the fading verdure with-

ered beneath her steps; her pestilential breath infected the air with malignant vapours, obscured the lustre of the sun, and involved the fair face of Heaven in universal gloom. Dismal howlings resounded through the forests; from every baleful tree the night raven croaked his dreadful note; and the prospect was filled with desolation and horror. In the midst of this tremendous scene, she addressed me in the following manner:

"Retire with me, O rash, unthinking mortal, from the vain allurements of a deceitful world, and learn that *pleasure* was not designed the portion of human life. Man was born to *mourn*, and to be *wretched;* this is the condition of all below the stars, and whoever endeavours to oppose it, acts in contradiction to the will of Heaven. Fly then from the fatal enchantments of youth and social delight, and here consecrate the solitary hours to lamentation and woe. *Misery* is the duty of all sublunary beings, and every *enjoyment* is an offence to the DEITY, who is to be worshipped only by the mortification of every sense of pleasure, and the everlasting exercise of sighs and tears."

This melancholy picture of life quite sunk my spirits, and seemed to annihilate every principle of happiness within me. I threw myself beneath a blasted yew, where the winds blew cold and dismal round my head, and dreadful apprehensions chilled my heart. Here I resolved to lie till the hand of death, which I impatiently invoked, should put an end to the miseries of a life so deplorably wretched. In this sad situation, I espied on one hand of me a deep muddy river, whose heavy waves rolled on in slow and sullen murmurs, when I found myself suddenly surprised by the sight of the loveliest object I ever beheld. The most engaging charms of youth and beauty appeared in all her form; effulgent glories sparkled in her eyes, and their awful splendours were softened by the gentlest looks of complacency and peace. At her approach, the frightful spectre, who had before tormented me, vanished away, and with her all the horrors she had caused. The gloomy clouds brightened in cheerful sun-shine; the groves recovered their verdure; and the whole region

looked gay and blooming as the garden of Eden. I was quite transported at the unexpected change, and reviving hope began to glad my thoughts, when, with a look of inexpressible sweetness, my beauteous deliverer thus uttered her divine instructions:

"My name is RELIGION. I am the offspring of *Truth* and *Love*, and the parent of *Benevolence*, *Hope*, and *Joy*. That monster, from whose power I have freed you, is called *Superstition;* she is the child of *Discontent*, and her followers are *Fear* and *Sorrow*. Thus, different as we are, she has often the insolence to assume *my name* and *character*, and seduces unhappy mortals to think us the *same*, till she at length drives them to the borders of despair; that dreadful abyss, into which you were just going to sink.

"Look around, and survey the various beauties of the globe, which Heaven has destined for the seat of the human race, and consider whether a world thus exquisitely framed, could be meant for the abode of misery and pain. For what end has the lavish hand of PROVIDENCE diffused such innumerable objects of delight, but that all might *rejoice* in the privilege of existence, and be filled with gratitude to the beneficent Author of it? Thus, to enjoy the blessings he has sent, is virtue and obedience; and to reject them merely as means of pleasure, is pitiable ignorance, or absurd perverseness. Infinite goodness is the source of created existence; the proper tendency of every rational being, from the highest order of raptured seraphs, to the meanest rank of men, is to rise incessantly from lower degrees of happiness to higher. They have each faculties assigned them for various orders of delights."

"What!" cried I, "is this the language of *Religion?* Does she lead her votaries through flowery paths, and bid them pass an unlaborious life!" "The *true enjoyments* of a reasonable being," answered she, mildly, "do not consist in *unbounded indulgence*, or *luxurious ease*, the *tumult* of *passions*, the *langour* of *indulgence*, or the *flutter* of *light amusements*. Those are often raised into the *greatest transports* of *joy*, who are sub-

ject to the *greatest depressions* of *melancholy:* on the contrary, *cheerfulness*, though it does not give the mind such an exquisite gladness, prevents us from falling into depths of sorrow. *Mirth* is like a flash of lightning, that breaks through a gloom of clouds, and glitters for a moment. *Cheerfulness* keeps up a kind of day-light in the mind, and fills it with a steady and perpetual serenity."

Were men sensible of the happiness that results from true religion, the voluptuous man would there seek his pleasure, the covetous man his wealth, and the ambitious man his glory.

In vain we seek a Heaven below the sky;
The world has false, but flattering charms:
Its distant joys show big in our esteem,
But lessen still as they draw near the eye;
In our embrace the visions die:
And when we grasp the airy forms,
We lose the pleasing dream.

WATTS.

Let the affections of a man be once softened and dulcified with *Divine love*, and he is ever secure from the sudden apoplexies of the passionate, the poisonous cups of the drunkard—the murdering pistol of the duellist—the assassinating dagger of the jealous—the loathsome diseases of the harlot—and the wasting hectics of the gambler.

The love of gaming is the worst of ills;
With ceaseless storms the blacken'd soul it fills;
Inveighs at Heaven, neglects the ties of blood;
Destroys the power and will of doing good;
Kills health, pawns honour, plunges in disgrace,
And, what is still more dreadful—spoils your face.

YOUNG.

Though justice and judgment are called the work of God, yet his mercy, as more natural to him, is said to rejoice against judgment; but these, his attributes, have their alternate courses; for the presumptuous boldness of man grows often to such an excessive height, as to extort a vengeance from his unwilling hands, that by this wholesome severity others may be cautioned against secure sinning, upon the foolish confidence of Heaven's inadvertence, or impotency to punish.

A man having spoken slanderous words against a gentleman, who had it in his power to punish him, when accused of the falsehood, to justify himself, said, "If he spoke them, he desired God to send an immediate token of his wrath upon his body, and in case he should defer to do it, he wished the devil might." Immediately he fell down in an apoplectic fit, which he never had before, and continued for several years to have them.

A gentleman of ——, having lost a considerable sum by a match at cock-fighting, to which practice he was notoriously addicted, swore, in the most horrid manner, that he would never fight another cock as long as he lived; frequently calling upon God to damn his soul to all eternity, if he did; and, with dreadful imprecations, wishing the devil might take possession of him, if ever he made another bet. About two years afterwards, Satan, whose willing servant he was, inspired him with a violent desire to attend a cock-fighting at ——, and he complied with the temptation. When he came to the place, he stood up, as in defiance of Heaven, and cried, "I hold four to three on such a cock." "Four, what?" said one of his companions in iniquity. "Four dollars," replied he. "I'll lay," said the other. The wager being confirmed, he put his hand in his pocket for the money, when, awful to relate, he instantly fell a ghastly corpse to the ground.

Religion, like the treasure hid in the field, which a man sold all he had to purchase, is of that price, that

it cannot be had at too great a value; since, without it, the best condition of life cannot make us happy; and with it, it is impossible we should be miserable, even in the worst.

Amongst all the nations, there are none so barbarous and cruel, none so utterly lost to all the sentiments of humanity and civility, but have embraced and continued amongst them the notion of a Deity, or some Being entitled to their adoration. This is a principle so deeply engraven in the very nature of man, that no time, nor change, nor chance, hath ever been able to obliterate it; so, that rather than have nothing to worship, men have often been contented to adore as gods, even the works of their own hands. And, indeed, herein their ignorance and folly is chiefly to be lamented, that they have still made choice of any thing, rather than the true God, to pay their homage and veneration. In the mean time, they shame some of us, in having been more zealous in their superstition, than we are in the true religion.

The Athenians consulted the oracle of Apollo, demanding what rites they should make use of in matters of their religion. The answer was, "The rites of their ancestors." Returning thither again, they said, "The manner of their forefathers had been often changed;" they, therefore, inquired, "what custom they should make choice of in so great a variety?" Apollo replied, "The best."

First to the gods thy humble homage pay;
The greatest this, and first of laws obey:
Perform thy vows, observe thy plighted troth,
And let religion bind thee to thy oath.
The heroes next demand thy just regard,
Renown'd on earth, and to the stars preferr'd,
To light, and endless life, their virtue's sure reward.
Due rites perform, and honours to the dead,
To every wise, to every pious shade.

With lowly duty to thy parents bow,
And grace and favour to thy kindred show:
For what concerns the rest of human kind,
Choose out the man to virtue best inclin'd;
Him to thy arms receive; him to thy bosom bind.

PYTHAGORAS.

So great a reverence for religion had the Ethiopian kings in the time of Ptolemy, king of Egypt, that whensoever the priests of Jupiter, who worshipped in Meroe, declared to any individual that his life was hateful to the gods, he immediately put an end to his days. Nor was there any of them found to have had a more tender regard to the safety of his own life, than he had a reverence for religion, till king Argenes, who, lest the priests should tell him he should die, began with themselves, put them all to death, and thereby abolished the custom.

The Christians were to build a chapel in Rome, wherein to perform service to Almighty God; but they were complained of, and the ground challenged by certain inn-holders in that city. The matter was brought before the emperor, Alexander Severus, who thus determined: "The things," said he, "that concern the gods, are to be preferred before the concerns of man; and, therefore, let it be free for the Christians to build their chapel to their God, who, though he be unknown to us at Rome, ought, nevertheless, to have honour done unto him, if but for this respect alone, that he beareth the name of a God."

When the Duke of Saxony made great preparations for a war against a pious and devout bishop of Magdeburgh, the bishop, not regarding his defence, applied himself to his episcopal function, in the visiting and well-governing of his church; and when it was told him that the duke was upon his march against him, he replied,

"I will take care of the reformation of my churches, and leave unto God the care of my safety." The duke had a spy in the city, who, hearing of this answer of the bishop, gave his master a speedy account thereof. The duke having received this information, did thereupon dismiss his army, and desisted from his expedition, saying, "he would not fight against him who had God to fight for him."

While the colleagues of Constantinus, the Roman emperor, were persecuting the Christians with fire and sword, he politicly pretended to persecute them too; and declared to such officers of his household, and governors of provinces, as were Christians, that he left it to their choice, either to sacrifice to the gods, and by that means preserve themselves in their employments, or to forfeit their places and his favour, by continuing steady in their religion. When they had all declared their option, the emperor discovered his real sentiments; reproached, in the most bitter terms, those who had renounced their religion; highly extolled the virtue and constancy of such as had despised the wealth and vanities of the world; and dismissed the former with ignominy, saying, that those who had betrayed their God, would not scruple to betray their prince: while he retained the latter, trusted them with the guard of his person, and the whole management of public affairs, as persons on whose fidelity he could firmly rely, and in whom he might put an entire confidence.

The great Lord Burleigh used to say, "I will never trust any man not of sound religion; *for he that is false to God, can never be true to man.*"

Voltaire, a man who, after having long and too justly been considered as the patron of infidelity, and after having shown himself equally the enemy to every religious establishment, at length, to the astonishment of all serious minds, and at the close of a long life of near eighty years, in the most solemn manner, gave the con-

fession of his faith here subjoined; and which is confirmed on the oath of several witnesses who were present. "I believe, firmly," says he, "all the Catholic, Apostolic, and Roman Church believes and confesses. I believe in one God, in three Persons, Father, Son, and Holy Ghost, really distinguished; having the same nature, the same divinity, and the same power. That the second person was made man, called Jesus Christ, who died for the salvation of all men; who has established the holy Scriptures. I condemn, likewise, all the heresies the said church has condemned and rejected; likewise all perverted misinterpretations which may be put on them."

If a veteran in the cause of infidelity thus closes his life and his works, does it not greatly behoove those who have been deluded and misled by his writings, seriously to look to themselves, and bring home this striking example to their hearts, lest they fall into the condemnation which their master seeks thus meanly at the end to avoid?

There are many wicked men who will speak unbecoming things of God in a humour of bravado amidst company, but will tremble before him in solitude, and shudder at the approach of death in sickness.

Ah! what is life? with ills encompass'd round,
Amidst our hopes, fate strikes the sudden wound:
To-day the statesman of new honour dreams,
To-morrow death destroys his airy schemes;
Is mouldy treasure in thy chest confin'd?
Think all that treasure thou must leave behind;
Thy heir with smiles shall view thy blazon'd hearse,
And all thy hoards with lavish hand disperse.
Should certain fate th' impending blow delay,
Thy mirth will sicken, and thy bloom decay;

Then feeble age will all thy nerves disarm,
No more thy blood its narrow channels warm.
Who then would wish to stretch this narrow span,
To suffer life beyond the date of man?
The virtuous soul pursues a nobler aim,
And life regards but as a fleeting dream:
She longs to wake, and wishes to get free,
To launch from earth into eternity.
For while the boundless theme extends our thought,
Ten thousand thousand rolling years are nought.

GAY.

Of all the singular virtues which united in the character of Gustavus Adolphus, of Sweden, that which crowned the whole, was his exemplary piety to God. The following is related of him when he was once in his camp before Werben. He had been alone in the cabinet of his pavilion some hours together, and none of his attendants at these seasons durst interrupt him. At length, however, a favourite of his, having some important matter to tell him, came softly to the door, and looking in, beheld the king very devoutly on his knees at prayer. Fearing to molest him in that sacred exercise, he was about to withdraw his head, when the king espied him, and bidding him come in, said, "Thou wonderest to see me in this posture, since I have so many thousand subjects to pray for me: but I tell thee, that no man has more need to pray for himself, than he who, being to render an account of his actions to none but God, is, for that reason, more closely assaulted by the devil than all other men beside." When the town of Landshut, in Bavaria, surrendered to him at discretion, the principal inhabitants of it fell down upon their knees before him, and presented him with the keys of their town. "Rise, rise," said he; "it is your duty to fall upon your knees to God, and not to so frail and feeble a mortal as I am."

It was the daily practice of that eminent physician, Dr. Boerhaave, throughout his whole life, as soon as he arose in the morning, which was generally very early, to retire for an hour to private prayer and meditation on some part of the Scriptures. He often told his friends, when they asked him how it was possible for him to go through so much fatigue, that it was this which gave him spirit and vigour in the business of the day. This, therefore, he recommended, as the best rule he could give: for nothing, he said, could tend more to the health of the body, than the tranquillity of the mind; and that he knew nothing which could support himself or his fellow-creatures, amidst the various distresses of life, but a well grounded confidence in the Supreme Being, upon the principles of Christianity."

From the very respectful mention which I have so frequently made of Religion, some of my readers may be charitable enough to conclude, that I am religious in a high degree. Would to God I were. From my soul I wish that my devotedness to religion had all my life been equal to the exalted opinion which I entertain of it. But, though like most of the human race, I have too often neglected my duty in this respect, yet can I say, before my God, that I look upon religion as the only *true glory* and *happiness* of man; and though worlds were thrown into the opposite scale, yet would I not relinquish the joys, imperfect as they are, which I derive from it. And from this circumstance I have often been led to think, that if I derive so much comfort from the little religion which I possess, how truly enviable, how superlatively happy must they be, whose whole lives are devoted to her service, and whose hearts are perpetually enjoying those sublime pleasures which her unclouded smiles can impart.

Arise, my soul, on wings seraphic rise,
And praise th' Almighty Sov'reign of the skies;

In whom alone essential glory shines,
Which not the heaven of heav'ns, nor boundless space
confines.

While this immortal spark of heavenly flame
Distends my breast, and animates my frame;
To thee my ardent praises shall be borne
On the first breeze that wakes the blushing morn:
The latest star shall hear the pleasing sound,
And nature in full choir shall join around.
When full of thee my soul excursive flies
Through air, earth, ocean, or thy regal skies;
From world to world new wonders still I find,
And all the God-head flashes on my mind.
When wing'd with whirlwinds, vice shall take its flight
To the deep bosom of eternal night,
To thee my soul shall endless praises pay;
Join, men and angels, join th' exalted lay!

BLACKLOCK.

OF

FEVERS IN GENERAL.

UNDER this head are comprehended all fevers whatever, by which the human frame is affected; but, as they arise from a great variety of causes, and affect persons of very dissimilar constitutions, they must of course differ in their nature, and require a very distinct treatment.

Two very opposite states of the human body are supposed to give rise to fevers, and to form their great and fundamental distinctions. The one is called the phlogistic diathesis, or inflammatory disposition; wherein the heart is excited to rapid and strenuous exertions, manifested by great strength in the action of the vessels, while the blood itself exhibits a more florid hue and denser texture than usual.

In the other, the brain and nervous system are more directly affected, their energy seems impaired, the force of the heart and vessels is diminished, the blood is of a looser texture, and the fluids tend to dissolution.

In the first state, when the inflammation originates from external causes, as wounds, contusions, or burns,

the fever follows the local affection, and is in proportion to the degree of inflammation in the part affected. Such fevers are called *symptomatic*.

This is also the case in certain disorders of the lungs, and other viscera, which arise, not from external injuries, but from some vice in the part, which gradually brings on inflammation and fever. If the local inflammation is removed, the fever is removed also; if it cannot be subdued, but increases gradually, destroying the organization of the part, the patient dies sometimes by the violence of the fever, and sometimes merely because an organ essential to life is destroyed.

Cold is found, by universal experience, to give a disposition to inflammatory disorders; and heat to those called putrid.* During the winter, and early in the spring, pleurisies, peripneumonies, quinsies, rheumatisms, and inflammatory fevers prevail. Towards the end of summer, and particularly in autumn, fevers of a different nature, with dysenteries and putrid ulcerous sore throats make their appearance.

Although it is true in general, that cold occasions a disposition to diseases of an inflammatory nature, and heat to those supposed putrescent, yet, persons who take violent exercise in sultry weather, or who accidentally fall asleep on the ground, exposed to the beams of the mid-day sun, are sometimes seized with fevers of a highly inflammatory and dangerous quality; the inflammation directly affecting the brain itself, or its membranes.

The time in which intermittents and remittents are most prevalent, is the end of summer and beginning of autumn, when heat and moisture combine to hasten the corruption of animal and vegetable substances, and fill

* We continue this term in obedience to custom, only. For it conveys a false view of what really happens in those fevers. Recent experiment, and more accurate observation, have demonstrated, that putrefaction never takes place in a living body.

The process which sometimes goes on in these malignant fevers, has some of the appearances of putrefaction; but it is, in fact, totally distinct.

the atmosphere with miasmata. These considerations reduce it next to a certainty, that something essentially connected with a marshy soil produces fever, and we can suppose nothing with so much probability, as the effluvia of stagnant water and corrupting animal and vegetable substances.

And if a sudden stoppage of perspiration, from the cold of autumn, after the body is relaxed by the heat of summer, is sufficient of itself to produce fever in dry and well ventilated countries, where there is no reason to think that marsh miasmata prevail, we cannot be surprised to find them far more universal and more obstinate in low and marshy soils, where the first cause concurs with the second.

A still more active source of fevers is the effluvia from the living human body, which, when long confined, becomes in the highest degree acrimonious, and gives rise to diseases the most dangerous and malignant. Whenever numbers of people are crowded together, the air must soon be deprived of its vital ingredient, by repeated respiration, hence this infectious matter will be formed, but with most rapidity in gaols, in hospitals, in the holds of ships, and in dirty dwellings, where its virulent tendency is hastened by nastiness, by unwholesome food, by desponding thoughts, or by the effluvia coming from bodies in a diseased state. It communicates its infection not only to those who approach the places in which it is generated, and the human body from which it flows, but also will remain long entangled in beds, blankets, and other articles, which have been in contact with the patient's body, retaining its activity, and capable of infecting others at a considerable distance of time and place, if, unhappily, those contaminated materials are carried abroad. In this manner, one person who is not himself infected, may infect another: the first person, in such cases, being less predisposed to the disease than the second.

Although the infection arising from the living human body, is not perceived to act at a great distance from its direct source; yet it seems most probable that it does not

immediately lose its virulency; but after it is diffused in the atmosphere, continues in some degree to act in conjunction with the miasmata of marshes, with heat, obstructed perspiration, and the other causes of fever, and, according to the various proportions of those causes, combined with the circumstances of season, climate, and the constitution of the patient, the nature of the fever is determined.

INTERMITTENT, OR AGUE AND FEVER.

Symptoms. Is that fever which has periodically, a clear intermission alternating with a return of its paroxysms. From the length of time between the fits, the species of the fever are distinguished and named. Thus, if the fit returns every day, it is termed a *quotidian;* if every third, a *tertian;* if every fourth, a *quartan.* The ague commences with weakness, frequent stretching, and yawnings, succeded by sensations of cold in the back and extremities, which increases, until the limbs as well as the body become agitated with frequent and violent shivering. This continues for some time, during which a violent pain of the head and back, and a sensation resembling a stricture across the stomach, frequently distress the patient; and the sense of coldness is so great, that no endeavours to obtain warmth are of the least avail. These symptoms, subsiding by degrees, give way finally to warm flushings, which increase, until redness and heat, much greater than natural, are extended over the whole body; the patient at length burning with such extreme heat, as to be *now* as solicitous for the refreshing sensation of cold, as he was before anxious to mitigate its violence. After these symptoms have existed for some time, they gradually decline; the thirst goes off, the skin is relaxed, and a moisture breaks out on the head, which soon becomes general and profuse; then it slowly abates, till it entirely ceases.

This is the general progress of a regular paroxysm of a well-formed intermittent; the patient is often left, apparently, free of disease, until the next attack.

Causes. The remote causes of ague or autumnal fever are, first, the effluvia which arises from marshes or moist grounds acted on by heat. Secondly, *cold*, especially when accompanied by moisture, which will necessarily act with more certainty, if a predisposition to the disease exists. This predisposition may be induced by living too sparingly, or on trashy food, excessive fatigue, impeded perspiration, preceding disease, indulgence in spiritous liquors, and in fine, by whatever tends to weaken the system and impoverish the blood. Hence the poor are more subject to the disease than the rich;

For health consists of spirits and of blood,
And these proceed from generous wine and food.

Pope.

Treatment. In the cure of an ague, whether quotidian, tertian, or quartan, much the same plan may be followed, which is, as far as possible, to prevent the disease from being habitual; for the longer it continues, the more it weakens the constitution, and disposes the glandular viscera, as the liver, spleen, &c. to obstructions, and often prepares the habit for dropsies and other chronic diseases. So that although this disease is not very alarming in its appearance, yet if injudiciously treated, or neglected, it often draws after it the most serious consequences; and hence merits particular attention.

The cure of the disease therefore calls for an emetic, or a dose of calomel and jalap, or salts, senna and manna, to free the bowels of their offending contents; and if the patient be of a full habit, with headach and flushed countenance, the pulse hard and quick, showing an inflammatory disposition, blood-letting will be highly necessary.

Having by these means prepared the system, strengthening remedies should next be employed. Of these, the Peruvian bark is the most celebrated, and may be used with safety in the time of intermission, provided there exists no swelling or hardness of the viscera. In that

event the bark must be withheld, until these symptoms are rendered milder by the exhibition of gentle laxatives, blisters, and diaphoretic medicines, as the cathartic and saline mixtures, (see Recipe 11 & 14,) whose good effects will be greatly aided by diluent drinks and abstinence from solid food.

As soon as the system is properly prepared for the use of the bark, it may then be exhibited in such doses as the stomach will bear, and at such intervals, that six or eight doses may be taken during the intermission. Should it disagree with the patient in substance, give it in some other form, as the cold infusion, decoction, or tincture. (See Recipe 37. 36. & 53.)

In the mean time, strict attention must be paid to the habit of body: for in vain shall we expect to cure intermittents, if the bowels be not kept open and the skin moist.

When, therefore, the Peruvian bark produces costiveness, five or six grains of rhubarb, or some mild purgative, should be added to each dose; and in case of cold phlegmatic habits, with a dry skin, the addition of ten or fifteen grains of Virginia snake-root is peculiarly proper.

In some constitutions the bark produces severe and copious purging. This debilitating effect may be prevented by adding five or six drops of laudanum to each dose. And when the patient is troubled with sourness on the stomach, flatulence and pain, take the bark in lime water, or conjoin with each dose, eight or ten grains of salt of tartar, or magnesia.

Some patients are subject to profuse sweats, from debility. In such cases the bark should be united with a few grains of the rust of steel, or ten or fifteen drops of elixir vitriol, and taken in wine. But when these evacuations proceed, as they often do, from an imperfect cure, accompanied with great and intense heat, during their prevalence, we must immediately resort to the preparatory remedies, as blood-letting, cathartics and diaphoretics.

It sometimes occurs, that the fever will not yield to

the bark, even when all the usual preparatory medicines have been employed. In such cases we may justly suspect the liver to be diseased, particularly if the countenance be either livid, or pale, or of a yellowish cast; and in that event, the use of the bark should be suspended until those obstructions are removed.

For this purpose one of the mercurial pills (see Recipe 24,) should be given night and morning, until ptyalism, that is, a soreness of the mouth with increased spitting, is produced, which will generally succeed; and when it fails, the nitric acid diluted, and given in its usual doses (see Recipe 16) may be depended on. After a ptyalism is effected, recourse must be had to one or other of the strengthening remedies, to give tone to the system.

From the tenor of these observations it follows, that the Peruvian bark is not a remedy to be employed in every case of intermittent fevers, but that much caution is necessary in the exhibition of it, lest the *use* of so valuable a medicine be turned into *abuse*. For unless the system is properly prepared by suitable remedies, the administration of bark, or any other tonic, is an error fraught with the most serious mischief.

The Peruvian bark being so costly, and not always to be had pure, it must afford much pleasure to the benevolent, to learn that the *black oak* bark of America possesses the same virtues of the Peruvian, as has been verified by repeated experiments, not only in the cure of intermittents, but other diseases hitherto treated with the Peruvian bark alone. It may be exhibited in the same manner, only in rather larger doses. In substance it is most efficacious, and if well pulverized it will be found more palatable than the Peruvian bark, and not so apt to excite vomiting.

Another mode in which this remedy may be employed to great advantage, from its abundance in our country, is by bathing twice or thrice a-day in a strong decoction of it; which to children, and patients whose stomachs will not retain medicine, will prove exceedingly beneficial. When the black oak bark is not con-

venient, the red oak bark, though less efficacious, should be substituted, as I have often witnessed the happiest effects accruing to debilitated persons bathing in a strong decoction of it, about lukewarm, particularly in the last stage of fevers. Hence this remedy well deserves the attention of the planter.

Professor Barton assures us that he has employed the bark of the Spanish oak in gangrene, with the happiest effect, and that he considered it in powder, equal to the best Peruvian bark. See Oak. *Materia Medica.*

The common dog-wood bark of our country, is also an excellent substitute for this costly medicine, particularly in the cure of intermittents; so is the bark of the wild cherry-tree, and of the lyriadendron tulipifera, or American poplar, all of which may be given in the same forms and doses, as the Peruvian bark. See *Materia Medica.*

The columbo root, as an admirable corrector of bile, is a most useful medicine in this complaint, and will often be retained by the stomach, when the bark, in every form, has been rejected. It is likewise an excellent remedy, conjoined with steel, as in the form of the tonic powders or pills, (see Recipe 4 & 23,) for patients disposed to be dropsical, or who have a swelling and hardness of the spleen, called *ague cake;* especially, if a purge or two have been previously employed, and some mercurial action excited in the system, by one or two grains of calomel, taken every night and morning for a few weeks.

Another valuable medicine in the cure of agues, and which has frequently succeeded when the bark failed, is white vitriol. But like other tonic medicines, it requires that the stomach and bowels should be freed of their morbid contents, before any good effects can result from its use. Therefore, some evacuating medicine is always necessary; after which, one of the vitriolic pills (see Recipe 24) may be given every three or four hours during the intermission of fever, gradually repeating the dose, or increasing it, as the system becomes habituated to its action.

But among the remedies of intermittents none is more infallible than the solution of arsenic, (see Recipe 27,) which may be given with perfect safety to persons of every age, beginning with the smaller doses, and proportioning them to the age of the patient.

Stimulants administered before the fit, by inducing a salutary change in the system, have frequently overcome the disease. It is in this way that emetics are considered useful in the coming on of the fit, so is active exercise, and other stimulants.

I have frequently, in obstinate intermittents, prevented the recurrence of the fit, by exhibiting a large dose of laudanum or æther about an hour before the expected paroxysm.

Dr. Kellie, an ingenious surgeon of the British navy, states, that many instances have occurred of the good effects of compression by tourniquets or bandages applied so as to obstruct the circulation in two of the extremities. The plan pursued by him was to apply the instrument on one thigh, and on one arm, of opposite sides, at the same time. In two minutes after the application of the tourniquets, the shaking and other symptoms of the cold stage entirely ceased, a mild hot stage was immediately induced, and the patient found himself quite relieved. After suffering the instruments to remain on for about fifteen minutes, they were removed, and the cold symptoms did not return. He further states, that if the tourniquets be applied previous to the accession of the paroxysm, the cold stage will entirely be prevented; and that, where the cold stage of an ague is either thus shortened, or altogether prevented, the following hot stage will be rendered both milder and of shorter duration.

As agues are liable to recur, one excellent mean of prevention, as well as cure, is to wear flannel next to the skin, and to exchange the situation where the disease was contracted, for another, even though not of a healthier air. This alone has often effected a cure. In like manner a change of medicines is as necessary as a change of air, that the body may not become habituated

to any one mode of treatment. Therefore, it ought to be remembered, that neither bark, nor any other tonic medicine, should be continued longer than a fortnight at a time, but should be changed for another article whose virtues are nearly the same. After a week or two, the former may be resumed, in case the disease should prove obstinate; and to bring about the necessary changes in the constitution, larger doses should be given.

Regimen. As to regimen in the cold fit, very little more is necessary than warm camomile tea. In the hot fit, the drink may be barley water, mint or balm tea, lemonade, toast and water, or cold spring water, taken often, but in small quantities at a time. When the sweating begins, the drinks just enumerated may be enlivened with wine, and if the patient be able to take it, he may be allowed a little nourishment. During the intermission, the diet should be as nutritious as the patient's appetite and digestion will allow. Every thing that tends to keep up a gentle perspiration, and to give tone to the vessels, is useful; hence moderate exercise is singularly proper, since nothing more conduces to these beneficial effects. The exercise should be of that kind to which the patient has been most accustomed; and taken in the open air, unless wet weather, or a damp situation forbid. But the utmost care should be taken, that exercise be not pushed to fatigue, which, by inducing debility, carries thousands, particularly foreigners, to untimely graves.

REMITTENT, OR BILIOUS FEVER.

Symptoms. In this fever there is a remission or abatement of its violence, but not a total cessation. Like other fevers, it commences with a sense of coldness and shivering, accompanied by violent pains in the head and back, great dejection of spirits, sickness at the stomach, giddiness, loss of strength, and difficulty of breathing. The cold stage is succeeded by a considerable degree of heat, the pulse, which in the cold fit was small and

quick, becomes full, but abates not of its quickness.—The pain of the head and back increases, and the nausea is augmented, frequently terminating in copious vomitings of bile. These symptoms continuing, the skin, which had hitherto been hot and dry, becomes moist. Soon after this, the symptoms abate, and sometimes cease entirely. The patient flatters himself with the hopes of health speedily returning; but, alas! these pleasing illusions are soon dissipated by another attack, which comes on with increased violence. And if the fever be not opposed by means early employed and sufficiently powerful, a constant delirium and restlessness take place; the discharges become very offensive, succeeded by twitchings of the tendons, profuse clammy sweats, and convulsions, which soon terminate in death.

Causes. Remittents are produced from the same causes which induce intermittents, but acting here in a more powerful manner. Like these, they are most prevalent in the months of August, September, and October, when heat and moisture combine to hasten the corruption of animal and vegetable substances, and impregnate the air with noxious exhalations.

Treatment. In the cure of this fever, all our efforts should be made to bring the *remission* to a complete *intermission;* and this is to be effected by bleeding, cathartics, emetics and diluents, with such medicines as have a tendency to solicit the circulation of the fluids to the surface. Hence, on the commencement of the disease, bleeding will generally be found necessary, and should be often repeated, when there exists much pain in the head, with a hard and quick pulse. But to evacuate the first passages of their impure contents is always necessary; and this is best done with calomel and jalap, or salts, senna and manna, (see Recipe 38,) and when circumstances do not prohibit the use of emetics, they may also be employed. The extent to which these means are to be carried, can only be directed by the symptoms present, the habit of body, and other considerations. It

will in many cases be proper to exhibit an emetic at the very first attack, but this may sometimes be forbidden, by great irritability of the stomach, or the appearance of inflammation. For frequently in diseases of the same origin, and in persons very nearly similar, with respect to age, sex, and temperament, one will frequently be accompanied with an inflammatory diathesis, whilst another will be more of the low, irritable species; and consequently the treatment must be varied, in proportion to the nature and violence of the disease. For among fevers, we see all the intermediate degrees and varieties, from common agues to those of the most violent and infectious kinds.

If the patient is of a strong plethoric constitution, with a hard and quick pulse, a deep seated pain in the eyes, a burning heat at the stomach, and flushed countenance, indicative of a strong inflammatory disposition, bleeding is absolutely necessary, and should be repeated every ten or twelve hours, or oftener, until the inflammatory symptoms subside.

The necessity of diligently evacuating the intestinal canal, must be obvious to every person. And it is not always by one or two brisk cathartics that this complaint is to be cured; but the operation must be continued until the whole of the bilious matter is evacuated, which may be known by the fæces changing their color, and putting on a natural appearance. When the irritating matter is thoroughly evacuated, mild laxatives, as the cathartic mixture, (see Recipe 11,) or castor oil, answer very well in the course of the disease to keep the body gently open; but in desperate cases calomel is most to be depended on. And if a ptyalism, or a slight salivation be excited by the calomel, the patient has no cause of alarm, but rather of joy, as this is a certain indication of recovery. How desirable then must it be in high stages of bilious fever, to have this effect produced as early as possible, by giving calomel, and rubbing in mercurial ointment, and dressing the blisters with the same.

Besides the aforesaid evacuants, glysters of warm

soap-suds, or molasses and water, to which may be added a little vinegar, should be employed; as they are not only useful in removing from the larger intestines any offending matter present, but also in producing the good effects of fomentations.

Attention having been paid to the state of the bowels, which is always necessary, because of the constant disposition to accumulate bile, such medicines as tend to determine the fluids to the surface, are next to be regarded. Of this class are the saline mixture, mindererus's spirit, febrifuge, and antimonial powders, (see Recipe 14. 15. 3. and 1.) Either of these may be exhibited in their usual doses, every two or three hours, but in desperate cases the antimonial powders with calomel, or calomel alone, in small doses, are most to be relied on.

The warm bath also admirably promotes insensible perspiration, by relaxing the skin, and taking off the stricture of the vessels; it consequently should always, when practicable, be used, and if a bathing vessel cannot be procured, the extremities should be immersed in warm water at least once a day. The temperature of the bath, should be regulated by the feelings of the patient, and that which affects these most agreeably, should be preferred.

The cold affusion, by throwing cold water over the patient, or sponging the body with vinegar and water, has been attended with the best effects in warm climates, particularly if the application be made during the height of the paroxysm, when the head is generally affected.

After the inflammatory disposition has ceased, bark will add considerably to the cure; but if incautiously used at the outset, as it frequently is, will render every symptom more violent. However, if the patient suddenly becomes giddy, feeble and languid, the bark and wine must be had recourse to, and given freely on the remission; otherwise, it will degenerate into a true nervous fever. But you must not mistake the debility which arises from oppression, requiring evacuants, for an exhausted state of the system; as in that case the use of tonics would be but little better than butchery.

Another medicine of great importance in this disease is the columbo root, which readily checks the vomiting, so frequently an attendant, and supports the patient's strength during the use of such medicines as are requisite to abate the febrile heat, and to carry off the bile.

After unloading the stomach and intestines, by two or three brisk purges, and diminishing the arterial action, by bleeding if requisite, a wine glass full of the infusion of columbo, (see Recipe 39,) or ten or fifteen grains of the powder may be given in a cup of mint tea, every two or three hours, either conjointly or alternately, with some gentle opening medicine, as rhubarb, magnesia, cream of tartar, or salts, to remove the redundant bile by keeping the bowels open.

Salts, though a nauseous medicine, may be rendered much less so by adding a little sugar, acidulated with lemon juice or sharp vinegar, as in the form of the cathartic mixture; and this is an excellent aperient, to be exhibited in small doses after the vitiated bile has been removed by calomel. A solution of salts in seltzer water, is a form still more agreeable.

During this general treatment, particular symptoms will require attention. The headach for example, which so frequently accompanies this fever, is to be treated by applying to the head cloths wrung out of cold water, or vinegar and water often repeated, until the malady is removed; besides which a blister should be applied between the shoulders.

As to the vomiting, that depending on the peculiarities of habit, is to be variously treated. In some I have found the saline mixture or infusion of columbo, answer very well; in others a spoonful or two of new milk, or equal parts of milk and lime water, given every hour, have had the happiest effects. A spoonful of sweet oil and molasses has proved equally beneficial, when vomiting is accompanied with a burning sensation at the pit of the stomach. To others, porter has afforded immediate relief. Never was there a more welcome or wonderful illustration of this, than in the case of Mrs. CARROLL, consort of DANIEL CARROLL, Esq. of Dudington.

It was my good fortune to attend this very amiable lady under a most violent attack of the bilious fever, with incessant vomiting. All the usual remedies were employed, without any good effect, which excited considerable alarm. She being in a state of pregnancy, and recollecting that Nature sometimes snatched a cure beyond the rules of our art, I asked her if there was any article of drink to which her appetite particularly led her. "Yes, Sir," replied she, "I have been craving to drink some good London porter, for two days past, but I would not mention it, being under the impression you would forbid my taking it." Learning that Dr. Thornton had some of that description, I immediately obtained a few bottles, and giving her a glass of it, diluted with a little water, it acted like a charm,—and, in a few weeks I had the very great satisfaction of seeing my fair patient perfectly restored to health.

The warm bath, or local applications, such as flannels wrung out of a warm decoction of camomile flowers, or mint leaves stewed in spirits, or equal parts of sweet oil and laudanum rubbed on the stomach, have done much good; and when these fail, a large blister, or a cataplasm of mustard-seed, ought instantly to be applied over the region of this organ. When the stomach is in a very irritable state, the patient may frequently moisten his mouth and throat with cold water, but should drink as little as possible of any liquid.

Wakefulness, or inability to sleep, will often yield to the warm bath and blisters, and when they fail, a glass or two of porter or the camphorated julep may be given, which also failing, a dose of laudanum is proper at bed time, provided there exists no considerable inflammatory diathesis.

The pain in the bowels is mostly relieved by the warm bath, or a moderate bleeding and emollient injections, to which occasionally may be added twenty or thirty drops of laudanum; if these produce not the desired effect, and the fundament is scalded from the evacuations, give glysters of milk and lime water, composed of half a pint of each; these failing, inject every hour with cold water, and apply clothes wrung out of it, to the belly.

If a delirium comes on in the first stage of the disease, it is to be treated by bleeding, purging, and the means prescribed above for violent headach; but should it occur at a later period, the pulse weak and irregular, with a great propensity to sleep, besides making cold applications to the head, the body should be frequently sponged with cold vinegar and water, or equal parts of vinegar and spirits. And should not the recollection in a few hours become more improved, and the pulse fuller and more uniform from this mode of treatment, it will be proper to apply a blister to the head, and sinapisms or blisters to the extremities; besides which, wine or some cordial must be allowed; and if there be a cold sweat, or coldness of the extremities, flannels wrung out of hot spirits, or spirits of camphor, ought to be applied often around the arms, legs and thighs.

On the decline of this fever, patients are sometimes troubled with night sweats, to relieve which, gentle exercise in fresh air, and the tonic powder or pills, (see Recipe 4 and 23,) or bark and elixir vitriol will be proper.

Regimen. With respect to regimen, the food and drink should be varied, and adapted to the taste of the patient. Nature perhaps, generally takes care, that no error shall be committed in that way, during the continuance of this disease. The patient is seldom persuaded to swallow any thing but liquids, during the prevalence of the fever, and if by accident he should have an inclination for something more solid, arrow root, sago, corn, or rice, gruel, mush, panado, custards, roasted apples, oranges, grapes, or other mild ripe fruits, are all that should be allowed. To allay the thirst, barley or rice water, apple water, tamarind water, molasses and water, toast and water, or cold spring water, lemonade, raspberry or currant jelly, dissolved in water, mint or balm tea, acidulated with lemon juice, or other pleasant acids, may be given with great benefit, in frequent, but small quantities. These cooling drinks not only quench thirst, but also tend to excite perspiration.

Washing the face and hands of the patient from time to time with vinegar and water, is always refreshing. The room should be somewhat darkened, and kept moderately cool, by a constant succession of fresh air; taking care, however, that the current of wind is not immediately directed on the patient. The covering of the bed ought to be such as is found most comfortable, and the body kept as nearly as possible, at rest. When the fever subsides, and the patient regains a desire for food, it will be best, in addition to the mild articles of diet already mentioned, to begin with puddings of various kinds, new-laid eggs boiled soft, soups with vegetables, raw oysters, &c. resuming his usual diet gradually, as he finds his health return.

To keep up the tone of the system, a moderate use of genuine wine, or porter diluted, or brandy, or rum and water made weak, will be proper; at the same time paying due attention to air, cleanliness, and exercise.

Thus have I detailed, in the clearest manner, according to my experience, the best curative means of this the most prevalent and dangerous of all our Southern maladies. It is however much easier to prevent, than cure diseases; and in order to the first, I will point out the general means which have been found conducive to this great end, and which constant experience has sanctioned.

Prevention. To obviate the attack of summer and autumnal fevers, we should intercept their causes, or guard the habit as much as possible against their influence.

Therefore, on visiting a warm climate where any epidemic prevails, the first stept is to prepare the system as much as possible, for the unavoidable change it is about to undergo; and this preparation consists in living temperately, and taking *every other night, or oftener*, one or two grains of calomel, or chewing rhubarb, or drinking molasses and water, or using sulphur in such doses as to increase the discharge by the bowels, without debilitating the system. If there prevails a fulness of habit,

the loss of ten or twelve ounces of blood will also be a useful precaution. In the mean time, an imprudent exposure to the heat of the sun, or night air, should be strictly avoided.

Hard drinking is another cause of disease, which should be carefully guarded against in warm climates, particularly by seamen, who of all others, are perhaps, the most inattentive to health. The same admonition applies to their sleeping on deck during the night, and cold bathing when overheated, or in a state of intoxication, which by suddenly checking the copious perspiration, seldom fails to bring on disease.

Cold moist air is a frequent cause of disease in warm climates; hence too much attention cannot be paid to comfortable fires, and suiting the dress to the changes of the weather.

Flannel worn next to the skin, is one of the chief preservatives of health. Many people indeed, clamour against it as tending to debilitate, because it creates perspiration. But this is altogether a silly prejudice; as mild perspiration, or a soft skin, so far from being hurtful, is the very habit of health. It preserves a proper medium of temperature, by absorbing the excessive moisture from the body during the day, and by preventing the effects of the cold damp air at night.

Cleanliness, both in our persons and apartments, is so essential to health, as to form a leading consideration in all our views to that first of blessings. The neglect of this not only renders a man loathsome and offensive to himself, but gives rise to many of our most inveterate and fatal diseases.

Among the various means used for the prevention of diseases, and for the preservation of health in general, none is perhaps more beneficial in warm climates, than good wine prudently used. It increases the circulation of the fluids, promotes both the secretions and excretions, and invigorates all the functions of the body. How much is it then to be lamented, that so valuable a cordial cannot always be got pure; from the avarice of selfish men, who, at a low price purchase tart or half-

spoiled wines, and, to render them saleable, adulterate them with the most poisonous ingredients; so that they become the most insiduous foes to health.

The common red wines are most generally adulterated, and artificially coloured, as manifested by a red sediment in the glass, as well as in the bottle. But the most pernicious of all adulterations of wine, is that of sugar of lead, or lead itself, which gives it a sweet taste: and therefore it ought to be remembered, that every wine of a sweetish taste, accompanied with astringent qualities, may justly be suspected to be adulterated with that noxious mineral.*

When genuine wine cannot be procured, good old spirits are of considerable service, especially when taken in small quantities, and much diluted. These pleasant preventives, whether under the name of grog or toddy, must, in consequence of their gentle stimulant qualities, be peculiarly beneficial to persons whose lot is cast in low situations and moist air. But they should never forget, that no where is the great virtue of self-government more necessary, than in their use. For if indulged to excess, they seldom fail, whenever a predisposition to any particular disease lurks in the system, to rouse it to action.

In like manner, we must have regard to a proper regulation of diet, which consists in preserving the happy mean between long fasting on the one hand, and immoderate eating on the other. Vegetables are peculiarly adapted to warm climates, and consequently should

* To detect wine adulterated with lead: take two drachms of cream of tartar, and one drachm of dry liver of sulphur, which must be put in a two-ounce vial, filled with distilled or soft water. The vial must be kept well corked, and occasionally shaken for about ten minutes; when the powder has subsided, decant the clear liquor, and preserve it in a well-stopped bottle for use.

From sixteen to twenty drops of this liquid are to be dropped in a small glass filled with the wine suspected to have been adulterated: and if the wine turn blackish or muddy, and deposit a dark-coloured sediment, we may be certain it is impregnated with sugar of lead, or some other preparation of that metal, equally destructive.

constitute the chief part of our diet. Sweet oil, when pure, is perfectly wholesome; but rancid oil, butter, fat, or meat the least tainted, must be wholly rejected.

To those of weak habit and bad digestion, much benefit will result from a glass of the infusion of columbo, or camomile, or cold water, every morning, on an empty stomach.

Such are the general means for preserving health, and preventing diseases in a southern climate. The chief point is to avoid the exciting causes, and keep the bowels always moderately lax. See APPENDIX.

NERVOUS FEVER.

THE fevers already described, and indeed all diseases attended with a considerable degree of morbid heat, affect in some measure the nervous system; but in this particular species, the nervous system is more immediately and more violently affected, than in any other. When a fever is once produced, from whatever cause, it seldom fails, by long continuance, to occasion all the symptoms which appear in the nervous or malignant fever.

This fever has been described by different authors under various names; the typhus or nervous fever, the slow fever, the gaol fever, the hospital fever, the ship fever, the petechial fever, the putrid fever, and the malignant fever.

The first appellation it receives from its attacking the brain and from the effects it produces on the nervous system. The second, from the slow and gradual manner in which it sometimes attacks. The third, fourth, and fifth, from their being apt to arise in gaols, hospitals, and ships, when numbers of men are crowded together, and when sufficient care is not taken to have such places well ventilated and cleansed. The sixth, from certain spots which sometimes appear on the skin of the patients, labouring under this disease; the seventh, from a putrid state, or tendency *supposed to take place in the fluids;* and the last, from the dangerous

nature and malignity of the fever: but they are all one and the same disease; variously modified, according to the violence of the symptoms, and the different constitutions of the patients.

Symptoms. The symptoms are commonly more various in this, than in any other fever. It sometimes creeps on in such a slow insidious manner, that the patient will have suffered the disease to make considerable progress, before he thinks it necessary to use any remedies. On other occasions it comes on with a great degree of rapidity, and with many of the symptoms common to all fevers.

Thus, it commences with alternate sensations of heat and cold, a want of appetite, nausea, and occasional vomiting. These are followed by some confusion of the head, a sense of weakness, dejection of spirits, tremor of the hands, and frequent sighing without knowing the cause. At this stage the pulse is irregular, sometimes a little quicker, at other times about the natural standard. A dull and heavy pain with a sense of coldness, possesses the back part of the head in some, and others, a pain in the orbit of one eye.

These symptoms gradually increasing, the pulse becomes smaller and at the same time quicker, while the arteries of the temples and neck beat with additional force. The patient is generally more restless towards night, the breathing is somewhat difficult, and very little refreshment is obtained, from his short and disturbed slumbers. During these symptoms, the patient often utters vague and unconnected sentences, and not unfrequently deafness supervenes.

As the disease advances, the hands tremble so as to prevent his guiding them to his mouth; the fingers are in constant motion; the tongue becomes dry, of a dark colour, and trembles when attempted to be put out; and sometimes the gums and lips are covered with a dark viscid substance. To these succeed stupor, cold clammy sweats, with a fœtid smell, hiccup and twitching of the

tendons, together with an involuntary discharge of the excrements.

Causes. This fever is occasioned by impure air, and putrid animal and vegetable effluvia. We are therefore not surprised to find it often originate in gaols, ships, and dirty dwellings; where numbers are crowded together, and where it is not possible to have sufficient ventilation.

Though human contagion, and the effluvia arising from putrid animal and vegetable substances, are the most frequent and active cause of this disease, yet they cannot be considered as the only ones; for we sometimes meet with instances in a country neighbourhood, of persons being seized with the disease in all its malignity; where it is not epidemic, nor can it be traced to any place where the human effluvia could be supposed to be confined in any uncommon degree.

Hence nastiness, a moist atmosphere, much fatigue, cold depressing passions, low scanty diet; excessive study, too free use of mercury, immoderate venery, profuse hæmorrhage, or whatever weakens the nervous system, may be enumerated among the causes.

Treatment. With regard to the cure, where the inflammatory symptoms appear to run very high, bleeding may be cautiously used. But it will be generally safest, to resort to a pretty active evacuation of the alimentary canal.

Therefore, on the first appearance of the symptoms, twenty or thirty grains of ipecacuanha, or four or five grains of tartar emetic, may be dissolved in a pint or more of weak camomile tea; of which the patient may drink a gill every fifteen or twenty minutes, until it excites vomiting; which ought to be assisted by drinking freely of warm water. If this medicine proves only emetic, the intestines should be evacuated the following day by a dose of rhubarb, cream of tartar, or cathartic mixture, (see Recipe 11.)

The saline mixture (see Recipe 14,) given in a state

of effervescence, every two hours, readily abates thirst, and removes the increased irritability of the system. In like manner, a table-spoonful of yeast, given every three or four hours, affords much relief, and has alone, often proved an effectual remedy.

Whatever may be the mode of action of yeast in typhus, the fact appears to be indisputable, that fixed air takes off that extreme debility of the stomach so conspicuously marked in disorders of this nature; and in proportion as that subsides, the pulse rises, becomes slower and fuller, the burning heat on the skin disappears, and a truce is gained for the reception of nourishing supplies. The most agreeable mode of administering yeast, is to add two table-spoonfuls of it to a quart of beer or mild porter, of which a wine-glassful may be taken every hour or two.

According to the practice of Drs. Thomas, Currie, and Jackson, as well as other eminent practitioners, the affusion of cold water is one of the most powerful and efficacious means which we can make use of in typhus fever. Its effects will be more salutary, in proportion as it is adopted early, or during the first stage of the disease. Such being an indisputable fact, established upon the firmest basis, we ought always to employ it, very soon after we have evacuated the contents of the alimentary canal. In the early stage of the disease, cold water may be poured in considerable quantity from a height, or dashed forcibly from a pail on the patient. But aspersion or ablution of the body, by means of a sponge, will be more eligible and safe in the advanced periods. The effects produced by both modes are grateful and refreshing to the patient, and they usually bring about an abatement of fever, followed by more or less of a diaphoresis, and this again by a refreshing sleep.

Dr. Currie states, that the cold affusion may be used at any time of the day when there is no sense of chilliness present; when the heat is steadily above what is natural; and when there is no general or profuse perspiration. During the cold stage of the paroxysm of

fever, while there is any considerable sense of chilliness present, or where the body is under profuse sensible perspiration, this remedy ought never to be employed, as we might extinguish life by it. In the advanced stage of fever, when the heat is reduced, and the debility great, some cordial, such as wine warmed with an addition of spice, or even brandy, should be given immediately after it.

As the danger of this fever, is in proportion to the debility, the great point is to keep up the strength by a liberal use of bark with wine, which should be given on the remission, in such forms as might best agree with the patient: a nourishing diet at the same time should be used, suited to the taste of the patient; taking care to produce an evacuation daily by glysters; and when these are not effectual, a small dose of rhubarb, cream of tartar, or some gentle purge, may occasionally be given.

By this general plan, a cure will for the most part be effected; but in the progress of the disease, particular morbid symptoms will require especial treatment. Thus, affections of the head with stupor and delirium, will sometimes be relieved by shaving the head, and frequently applying cloths wrung out of cold vinegar and water to it. But if these affections, notwithstanding, should continue, a blister to the head, and sinapisms to the feet, will be required.

When a diarrhœa or looseness occurs, three or four drops of laudanum, or double the quantity of the anodyne sudorific drops, (see Recipe 17,) should be given in a little mulled wine, and repeated as may be found necessary.

In case of watchfulness, the camphorated julep or porter and water will generally succeed. When however, these means fail, and there is great prostration of strength, followed by stupor, and a train of the most distressing symptoms, wine should be exhibited in large quantities; and it will be found that the patient will show a relish for this valuable cordial, after refusing medicines and every kind of nourishment in a solid

form. At first it is better relished mulled; but afterwards, the patient will take it freely in its pure state, and in the quantity of one or two quarts a-day, without intoxication.

The proper rule to be observed in the use of wine is to give it until the pulse fills, the delirium abates, and a greater degree of warmth returns to the extremities. And upon the smallest appearance of the stupor returning, the pulse quickening, and sinking, for they usually go together, the wine must be resumed, and continued in that quantity which is found sufficient to keep up the pulse, and ward off the other bad symptoms.

When wine cannot be had, rum or brandy diluted with milk, or water sweetened, will answer, and with some patients is better relished. The friends of the sick should never be disheartened too soon, for here, if any where, we may say "while there is life, there is hope." And I can truly aver that I have often seen the patient raised, as it were from the dead, by the determined use of generous wine alone, especially old Madeira.

As soon as the patient is able to take nourishment, such as panado, arrow-root, &c. the quantity of wine must be gradually diminished. For although it be absolutely necessary to take it so liberally, during the continuance of this fever, yet, as soon as that shall have left the patient, much caution becomes necessary in the use of it: since the third part of what formerly had proved a salutary cordial and restorative, would in this state of convalescence, occasion a dangerous intoxication.

When the patient is able to resume the bark, it may be given in such doses as the stomach will bear; and in case of aversion to it, an infusion of camomile flowers, columbo, or pomegranate bark, may be substituted. (*See Materia Medica.*)

Blisters, as well as sinapisms, are serviceable, by their stimulating effects; but they should not be continued on long at a time: and when a blister is raised in this disease, the sore should be frequently washed with an infusion of bark; and nothing ought tobe ap-

plied to the part which may tend to increase the discharge; for that, by debilitating the system, would prove injurious. In the course of the disease, if the lips and teeth are covered with a dark crust, attended with ulcers in the mouth and throat, the detergent gargle (see Recipe 42,) should be frequently used.

In every malignant case, this fever tends fatally on or before the seventh day: but more frequently those who die, are carried off about the middle or towards the end of the second week. When the patient survives the twentieth day, he usually recovers. When the fever terminates favourably before, or at the end of the second week, the crisis is generally obvious; but when that happens at a later period, particularly if after the third week, the favourable turn is less evident; and sometimes several days pass, during which the disease goes off so gradually, that the most experienced are in doubt whether it abates or not. At length, however, it becomes evident by a warm moisture on the skin, by the dark-coloured gluey substance which adheres to the gums and lips, growing less tenacious, and being more easily removed; by the stools regaining a natural colour; by the urine being made in greater quantity, and depositing a sediment; by a return of appetite, and by the pulse becoming slower than it was before the commencement of the disease.

Regimen. In addition to the mild articles of diet enumerated in the bilious fever, bread and milk, with a little water, sugar, and the pulp of a roasted apple, form a most grateful and nutritious food; and for the sake of variety, cider, perry, porter, or any other drink which the patient covets, should always be allowed.

It has been observed, that this fever often originates from corrupted air, and of course must be aggravated by it; great care should therefore be taken, to prevent the air from stagnating in the patient's chamber. When that is small, and cannot be well ventilated, the patient should be carried into the open air, and allowed to sit there two or three hours every day in mild weather.

When this cannot be conveniently done, every means in our power to ventilate the room should be employed. Strong-scented herbs ought every day to be strewed about the room, and vinegar frequently sprinkled about the bed clothes, and some evaporated, by pouring it on a hot iron. The bed clothes ought to be in no greater quantity than is agreeable to his feelings, and when he can sit up, with his clothes loosely put on, it is often a refreshing change of posture and situation. The patient should have his linen and bedding changed often, and the stools removed as early as possible; for nothing refreshes the sick more than cool air and cleanliness.

In the early stage of this disease, when there is much preternatural heat, washing the face and hands often in cold vinegar and water, and wiping the body with wet cloths, will be highly refreshing; and in the more advanced stage of the disease, when there is less febrile heat, bathing daily in a strong decoction of black or red oak bark, about milk warm, cannot fail to produce the happiest effects. (*See* Oak. *Materia Medica.*) In all cases where the fever is unusually protracted, and leaves the patient in excessive weakness, the recovery is slow and precarious; and the greatest care is required to prevent any error in diet, during the convalescence, as a very small degree of excess at this time, will produce very troublesome consequences. Food of easy digestion, taken in small quantities and often repeated; gentle exercise when the weather is favourable; attention to prevent costiveness, by some mild laxative; and the use of bitters to assist digestion, or the rust of steel, when there is any prevailing acid on the stomach, are the most certain means of reinstating health.

Having in the preceding chapter enumerated the different means for the prevention of diseases, I shall now point out such as are most suitable to arrest the progress of contagion when commenced.

When a contagious fever makes its appearance, the first precaution is to separate the sick from the healthy, and thus to cut off, as much as possible, the intercourse between them. The next step should be, to purify both

beds and clothes from every particle of filth. The chambers must be often fumigated, by burning good sharp vinegar or tar, and the floor washed daily with ley or the solution of pot-ashes, or strong soap-suds. A cloth wetted in lime water and hung up in the room, and replaced as often as it becomes dry, is also a great mean of purifying infected air.

When a contagious disease originates on ship-board, quicklime should always be added to the water which is used for common drink, in the proportion of one pound of quick lime, to a hogshead of water; but if the water is impure, a larger quantity of lime will be necessary; and some of it should be put also into the ship's well, to prevent the putrid and foul air arising thence.

When these means are ineffectual to stop the progress of any contagious disorder, fumigation with the nitrous vapour, will undoubtedly succeed: and the method of preparing it, is to put half an ounce of vitriolic acid into a cup; warm it over a shovel of coals, adding to it, by little and little, about the same quantity of powdered saltpetre, and stirring it occasionally with a slip of glass, as long as the vapour arises. The vessel is then to be carried about the room, the doors and windows being close shut, and put in every corner and place where it can be suspected there is any foul air; the fumigation to be continued for one or two hours every day, or oftener, until the contagion is destroyed.

If the vapour should irritate the lungs, so as to excite much coughing, fresh air should be admitted, by opening the door or windows of the room. However, after a little familiarity with it, this vapour will not offend the lungs, but on the contrary will prove highly grateful and refreshing.

The vapour of muriatic acid has also been successfully employed in purifying infected air, and destroying contagion. It is made use of in the following manner. Put one pound of common salt into an earthen vessel, and pour over it, from time to time, a small quantity

of sulphuric acid, till the whole salt is moistened. If the air is foul, and peculiarly offensive, apply a gentle heat under the vessel, to extricate a larger quantity of vapour; but, in general, the simple addition of the acid to the salt will be found sufficient, unless the apartment is very large.

An eminent physician belonging to the marine barracks of Brest, states, that previous to visiting the hospital, he was in the habit of introducing into his nostrils sponge cut in a proper size and shape, and moistened with some essential oil. He also kept in his mouth a piece of orange-peel; and from this simple method he escaped several putrid and pestilential diseases, which in one year killed eleven physicians and one hundred and thirteen students.

Where any one is apprehensive of having caught infection, which may be suspected by a bad taste of the mouth, and want of appetite; an emetic should be given towards the evening, and on the patient's going to bed he may be allowed a little mulled cider, or wine whey, with a small dose of the anodyne sudorific drops. (See Recipe 17.)

The warm bath, if such a luxury can be commanded, would here be found exceedingly refreshing and beneficial.

PHRENSY, OR INFLAMMATION OF THE BRAIN.

Symptoms. A deep-seated headach, redness of the eyes and face, violent throbbing or pulsation in the arteries of the neck and temples, incapability of bearing light or noise, a constant watching or delirium with picking the bed clothes. The pulse, although sometimes languid, is generally hard, tense and strong. The mind chiefly runs upon such subjects as have before made a deep impression upon it, and sometimes from a sullen silence the patient becomes all of a sudden delirious and quite outrageous.

CAUSES. Exposure of the head to the scorching rays of the sun; too deep and long-continued thinking; excessive drinking; suppression of usual evacuations; concussion of the brain, and whatever may increase the afflux of blood to the head.

TREATMENT. Blood-letting is the "*anchor of hope*" in this disease, which should be employed copiously on its first attack, and repeated as the symptoms and strength of the patient will permit. Immediately after bleeding, a large dose of salts, or some cooling purge must be given. Ice pounded and put into a bladder, or folds of cloth wet with vinegar or cold water, should constantly be applied to the head, and if the symptoms prove obstinate, it ought instantly to be shaved, and the whole of the scalp covered with a blister. When the pulse has been reduced by blood-letting from the arm, if the pain in the head continue severe, let cups or leeches be forthwith applied to the temples, forehead, and back of the head.

Bathing the feet and legs in warm water, or wrapping them up in flannel wrung out of hot water, is also of great service, by producing a revulsion of blood from the head. With the same view sinapisms should be employed.

One of the antimonial camphorated powders, (see Recipe 1 and 2) given every two hours, or large portions of nitre dissolved into the patient's drink, will be useful.

If the disease be occasioned by a sudden stoppage of evacuations, every means to restore them must be tried. In all inflammatory affections of the head, a copious discharge from the intestines will be found highly beneficial, by diverting the humours from the head; and when we cannot employ purgatives, laxative clysters should be used.

To assist also in diminishing the determination of the blood to the head, the patient should be kept as near the erect posture as can easily be borne.

Regimen. The diet should be of the lightest kind, as ripe fruits, with diluent drinks, such as cold water, tamarinds and water, &c. freely used. The patient to be kept in a dark room, as cool and quiet as possible; avoiding all irritating causes, and breathing a current of fresh air.*

COLD,

Is a disease of the inflammatory kind, which occurs more frequently on sudden changes of the weather, and attacks persons of all constitutions, but especially those of consumptive habits.

It is also at times epidemic, when it is known by the name of influenza, and has been erroneously considered as depending upon a specific contagion for its cause.

The influenza generally pays us a visit every six or seven years. The season of its visitation is the middle or latter end of autumn, after a long spell of dry weather, as was verified last year. It would appear to be no respecter of persons, knocking equally at the door of the rich and the poor, and attacking the young no less than the aged.

Symptoms. Its first symptoms are a stoppage of the nose, dull pain, with a sense of weight in the forehead; stiffness in the motion of the eyes, and soon after cough, hoarseness, an increased secretion of mucus from the

* It was of this disease, generally termed *a stroke of the sun*, that the brave general Greene, an officer second only to Washington, died at Mulberry Grove, his country seat near Savannah. As a *true Republican* he delighted in exercise, particularly that of gardening: of which he was so fond as sometimes to continue it under the meridian blaze. It was in this garden that the last summons found him. His honourable friend, E. Telfair, Esq. had often cautioned him against imprudent exposure to the Georgia suns: but believing that he possessed the same nerves, as in the hot field of Monmouth, he still pursued his favourite exercise. But while busily adorning the soil which his own valour had so gloriously defended, a sun-beam pierced his brain, and in a short time translated to heaven, as *noble a spirit* as ever fought under the *standard of Liberty*.

nose, and tears from the eyes, attended with more or less fever, and sometimes sore throat.

Cause. This disease is generally the effect of cold, which by obstructing the perspiration, throws the redundant humours upon the nose, fauces and lungs; or to those great physical changes which give rise to epidemics.

Treatment. The treatment of this disease, as of all others of an inflammatory nature, consists of the antiphlogistic, or cooling remedies. Where it is slight, little else will be necessary than to live abstemiously; avoid cold, and whatever may increase the feverish habit. Bathe the feet and legs before going to bed, in lukewarm water, and drink freely of diluting liquors, as flaxseed, balm or ground ivy teas, weak wine whey, barley water, &c. thereby exciting perspiration; and taking care afterwards to avoid a sudden exposure to cold or damp air. Attention must at the same time be paid to keeping the bowels open, by the occasional use of castor oil, or some cooling cathartic.

When the disease is more violent, blood-letting in a larger or smaller quantity should be employed; and repeated as the symptoms may require, in conjunction with the preceding remedies. And in case of pain, apply a blister as near as possible to the affected part.

If the cough, which is often troublesome, be not removed by diluent drinks, or flaxseed syrup, (see Flaxseed. *Materia Medica*,) or by chewing liquorice-ball, or by taking now and then a tea-spoonful of sweet oil and honey; opiates, after the inflammatory symptoms have abated, may be given at bed time with success. Sixty or eighty drops of paregoric, for example—or thirty or forty of laudanum, or the anodyne sudorific draught or bolus in warm tea. (See Recipe 18 and 20.) The steam of hot water, or vinegar and water, inhaled, also greatly alleviates this symptom, as well as the hoarseness, so commonly prevalent. When the cough is very frequent, the fever considerable, and

the breathing intercepted by transient pains, or tightness of the chest, the cooling course above recommended, such as bleeding, purging, blistering, with diluting drinks, must be early employed; otherwise inflammation of the lungs will succeed, which, if not speedily removed, may terminate in consumption.

The frequency of this disease, from the sudden changes of weather to which our climate is subject, and the slight degree of alarm generally excited by what is called "*only catching a cold*," too often occasions that neglect, which gives rise to the most distressing maladies, such as quinsy, pleurisy, inflammation of the lungs, rheumatism, &c.

Fully satisfied that numbers fall victims to the supposed insignificance of this insidious enemy, I have thought it my duty thus to warn the inattentive.

Prevention. To guard against this disease, the utmost attention should be paid to a due regulation of the clothing; which ought to be neither too thin, nor so irregularly disposed, as to leave one part of the body *naked*, whilst the rest is burthened, and too warmly clad; an error frequently committed among children and young persons. Warm rooms and impure air may weaken the body, but warm clothing can never be injurious in cold weather. The use of flannel cannot be too highly recommended as a preventive of this disease; and if an objection should be made to wearing it next to the skin, on account of the irritation it occasions, it may be worn over the linen.

Putting on wet clothes, or lying in damp sheets, or sitting in wetted rooms, are so well known to be injurious, that it is hardly necessary to admonish people against such obvious improprieties. The common prudence of shunning, when heated, a torrent of cold air from the crevice of a door or window; or throwing off the clothing immediately after taking exercise, are so obvious, as not to be required to be enlarged on. Equal danger arises from too suddenly passing out of an at-

mosphere of a very cold temperature, to one of a much warmer.

Thus, when any part of the body has been exposed to cold, it is liable to be much more affected by heat, than before the exposure. Of this, the method of treating frozen limbs in cold countries, affords a beautiful and decisive proof. Were a frozen limb to be brought before the fire, or immersed in water, a violent inflammation would come on, and speedily terminate in mortification. They therefore rub the parts benumbed with snow, and then very gradually expose them to a warm temperament.

Hence it will evidently appear, that strong drinks, both before and after exposure to severe cold, must be highly dangerous; and it should always be remembered, that when the body has been either chilled or much heated, it must be brought back to its natural state by degrees; and again, after being exposed to wet weather in summer, the clothes should be changed as soon as possible, and the body kept quiet and cool for some time.

By attention to these precautions, those inflammatory diseases, for which cold only prepares the system, may be easily avoided.

QUINSY, OR INFLAMMATORY SORE THROAT.

Symptoms. Is distinguished by a sense of heat, pain and tightness in the fauces and throat, accompanied by a difficulty of swallowing, particularly fluids. In general, the inflammation begins in one tonsil, a gland on each side of the palate; then spreads across the palate, and seizes the other tonsil. When the inflammation possesses both sides, the pain becomes very severe, and swallowing is performed with extreme difficulty; but if it attacks the upper part of the windpipe, it creates great danger of suffocation.

CAUSES. Cold—wet feet—throwing off the neck-cloth—or drinking cold water when overheated.

TREATMENT. The same rules are to be observed, as in all cases of disease highly inflammatory, such as bleeding, purging, and other cooling means. The extent to which these are to be used, can only be ascertained by the violence of the disease, and the constitution of the patient; but from the danger of this complaint, they should be early and freely employed, particularly if there exists any fever.

Local applications have also their good effects, and in slight cases, are often sufficient to remove the inflammation. Receiving the steams of warm water, or vinegar and water, through a funnel or spout of a tea-pot, will give great relief. Much benefit may be derived from the use of gargles, commencing with the *common*, and after the inflammation is considerably abated, using the *astringent* gargle. (See Recipe 40 and 41.) At this stage of the disease, gargles of port wine, or brandy and water, answer every purpose, to restore the tone of the fibres, relaxed from over distention.

External applications are, likewise, of great use. In slight cases it will be sufficient to have the neck rubbed twice or thrice a-day with the volatile or camphorated liniment, (see Recipe 64 and 65,) and apply a piece of flannel. The embrocation will be rendered still more stimulating by adding a small portion of the tincture of cantharides. But in those cases where the inflammation is considerable, the early application of leeches, or a blister or cataplasm of mustard around the neck, is most to be relied on; which by exciting external inflammation, will lessen the internal. Onions (see *Materia Medica*,) are also excellent when applied externally in this disease.

In addition to those remedies, the antimonial mixure (see Recipe 6) or decoction of rattlesnake root, (see *Materia Medica*,) given in such doses as will excite perspiration, is much to be depended on, when the inflammatory symptoms run high; and before the febrile

symptoms are any way violent, the timely exhibition of an emetic often proves extremely useful, and sometimes checks its complete formation.

Should these means prove ineffectual, and there appears a tendency to suppuration, it ought to be promoted by frequently taking into the fauces the steams of warm water, or applying warm poultices to the eck. As soon as a whitish tumour with fluctuation of matter is discovered, it should be opened by the lancet, and then the *detergent* gargle (see Recipe 42) should be used. If in consequence of the largeness of the tumour the patient cannot swallow, he must be supported by nourishing clysters of broth, gruel or milk.

If persons as soon as they discover any uneasiness in the throat, were to use nitre as already recommended —bathe their feeth in warm water—apply flannels moistened with one of the above liniments, and keep comfortably warm, this disease would seldom proceed to a great height.

Regimen. With respect to the regimen, it must be of the cooling kind, except the application of cold. Barley or rice water, flaxseed tea, and such like, rendered agreeable to the palate by the addition of jelly or honey, should be often taken, although difficult to swallow: for the pain consequent on swallowing, is more owing to the action of the inflamed parts, by which deglutition is performed, than by the passage of the liquid which is swallowed.

Prevention. For the prevention of this disease, the directions should be adverted to, which have been given under the head of *cold.* Where it becomes habitual, an issue behind the neck, does often succeed in preventing its recurrence.*

* Well knowing how deep an interest the world always takes in great *men*, I trust it will not prove unacceptable to my countrymen, to learn, that the above malady, the *Quinsy*, was the messenger, whereby God was pleased to introduce into his own pre-

PUTRID SORE THROAT.

THIS is a contagious disease, and appears more generally in autumn, after a hot summer. It oftener attacks children, and persons of relaxed habits, than those of vigorous health.

SYMPTOMS. It generally comes on with a sense of giddiness; such as precedes fainting, and a chilliness or shivering like that of an ague fit. This is soon followed by a great heat, and these interchangeably succeed each other during some hours, till at length the heat becomes constant and intense. The patient then

sence, the soul of that purest of human beings, GEORGE WASHINGTON.

On the afternoon of the 13th December, 1799, riding out to one of his farms, he was caught in a driving rain, which soon turning into a snow storm, deposited a considerable quantity of snow betwixt his cravat and neck. Long accustomed to brave the inclemencies of weather, he paid no regard to this circumstance; but having brushed off the snow on his return, he supped and went to bed as usual. Some time before day, he was awakened with the sore throat, and difficult breathing, which constitute *quinsy*. A faithful domestic, who always carried a lancet, was called up and bled him, but without affording any relief. About day break my near *relative* and *honoured preceptor*, Doctor James Craik, of Alexandria, the inseparable *friend* and *physician* of WASHINGTON, was sent for, who reached Mount Vernon about ten o'clock. Alarmed at the general's symptoms, he communicated his fears to Mrs. WASHINGTON, who immediately dispatched servants for Doctors Dick and Brown. Nothing was omitted that human ingenuity and skill could do for a life so dear, but all in vain. It appeared in the result, as the *illustrious sufferer* previously declared, that *his hour was come*.

To oblige Mrs. WASHINGTON, he continued to take the medicines that were offered him, till the inflammation and swelling obstructed the power of swallowing; when he undressed himself and went to bed, as he said "*to die*." About half an hour before he died, he desired his friends to leave him, that he might spend his *last moments with* GOD. Thus, after filling up life with glorious toils, he went to rest, "*in a good old age, ladened with riches and honour.*"

"Let the poor witling argue all he can,
It is religion still that makes the man."

complains of an acute pain in the head, of heat and soreness in the throat, stiffness of the neck, anxiety, and nausea, with vomiting and delirium. On examining the mouth and throat, the uvula and tonsils appear swelled, and are of a deep red, or shining crimson colour. Soon after, they are covered with white or ash-coloured spots, which in a short time become ulcerated. This appearance of the fauces seldom affects deglutition, or gives pain, as might have been expected. They are general attended either with a fœtid diarrhœa or acrid discharge from the nose. The patient often complains of an offensive putrid smell affecting the throat and nostrils, sometimes occasioning nausea, before any ulcerations appear. On the third day, or thereabouts, a scarlet eruption is thrown out on the skin; first on the face and neck, and then over the whole body and extremities.

Causes. The same which give rise to the nervous or putrid fever, as bad air, damaged provisions, &c. &c.

Treatment. The indications of cure are similar to those of the nervous or malignant fever, as it is analogous in some essential circumstances to that disease: to which we must add the healing of the ulcers.

Therefore, on the first attack of the putrid sore throat, an emetic may be given, which may be repeated on the next day, and followed by a mild cathartic. Afterwards it will be necessary to recruit the patient with bark and wine, or milk toddy.

The ulcers in the throat, demand our early and constant attention, as a loss of substance here cannot but threaten much danger to life, or injury to the parts, if the patient should survive: hence the use of gargles must be obvious to every one. When the disease is of a mild aspect, the *common* and *astringent* gargles (see Recipe 40 and 41) frequently used, are often sufficient: but when the symptoms are urgent, the tendency to putrefaction great, the sloughs large, and the breath offensive, the *detergent* gargle, (see Recipe 42) must

immediately be resorted to. Independently of gargling the throat, it is essential that some of the same liquid be injected into the fauces, with a small syringe.

In young subjects, this method is the more necessary, as they do not always know how to manage a gargle to any purpose, did the soreness of the parts permit them to do it.

According to Dr. Currie, the affusion of cold water is also beneficial in this disease. It was his practice after a copious affusion, to have his patient wiped dry and put into bed, and to give him about eight ounces of wine, if an adult, and so in proportion to children, which plan it appears was very successful, for in fifty out of sixty-two cases, where he had adopted it at the commencement of the disease, he succeeded.

Dr. Thomas states, that when he was in the island of Saint Christophers, in the year 1787, this disease prevailed as a universal epidemic among children, and a vast number of them fell martyrs to it, in spite of the utmost endeavours of the profession to save them; when at last the most happy effects were derived from the use of a remedy, the basis of which was Cayenne pepper. The medicine was prepared by infusing two table-spoonfuls of this pepper and a tea-spoonful of salt in half a pint of boiling water, adding thereto the same quantity of warm vinegar. After standing for about an hour, the liquor was strained through a fine cloth, and two table-spoonfuls were given every half hour.

The speedy and good effects produced by the use of this medicine in every case in which it was tried, evidently points out the utility of given warm aromatics, which will bring on a timely separation of the sloughs, as well as other antiseptics, to correct the tendency in the parts to gangrene. Since the period above mentioned, many practitioners bear testimony in favour of Cayenne or red pepper (see *Materia Medica*) in the putrid sore throat.

The grand objects to be kept in view in this malignant disease, should be, to check or counteract the septic tendency which prevails, to wash off, from time to

time, the acrid matter from the fauces, and to obviate debility. Should a diarrhœa arise in the progress of the disease, which is a very dangerous symptom, I can recommend, from my own experience, charcoal (see Recipe 5) as a valuable remedy, in doses of a table-spoonful every hour or two to adults, in a cup of cinnamon or ginger tea. It is sometimes necessary to give a dose of rhubarb, conjoined with an equal quantity of powdered ginger, or some aromatic, with a tea-spoonful of prepared chalk, and to make use of the oak bath. (See *Materia Medica.*)

Regimen. Medicine will prove of little efficacy, if the animal powers are not supported by proper nourishment: the attendants must, therefore, constantly supply the patient with arrow root, sago, panado, gruel, &c. to which may be added such wine as is most agreeable to the palate.

Ripe fruits are peculiar proper; and fermented liquors, as cider, perry, &c. should constitute the chief part of the patient's drink. But previous to taking any nourishment, gargles and injections should be very carefully employed, for cleansing away the sharp, acrid humour from the mouth and throat, to prevent as much as possible its being swallowed. The patient should be so placed in his bed, that the discharge may freely run out at the corners of the mouth; and great attention should also be paid to cleanliness.

The feelings of a tender parent, who views the progress of the disease on a beloved child, cannot but excite our tenderest sympathy. Too often, from an ill-judged tenderness to the child, the parent will not suffer this dreadful disease to be checked by medicines. But it should be remembered, that although the pain is for a moment increased by these harsh, but necessary means, yet the quantity of pain must, on the whole, be much lessened, and besides, which is the sweetest consideration of all, a precious life is thereby saved.

Prevention. The same means as devised in the

nervous fever, to correct infectious air, must strictly be attended to here, and especially with a view to prevent the progress of this disease.

FALLING OF THE PALATE.

THE falling down, or elongation of the palate, is attended with a sense of tickling in the fauces, and soreness at the root of the tongue.

If fever accompany this affection, bleed and give cooling purgatives, using nothing but a vegetable diet.

TREATMENT. Avoid speaking, and gargle the throat with the astringent gargle, (see Recipe 41) or apply salt and pepper by means of the handle of a spoon.

MUMPS.

A CONTAGIOUS disease, affecting the glands and muscles of the neck externally.

SYMPTOMS. Slight fever, which subsides upon the appearance of a tumour under the jaw, near its extremities; sometimes only on one side, but more frequently on both. It increases till the fourth day, and then declines gradually.

TREATMENT. This disorder is often so slight as to require very little more than to keep the head and neck warm, with spare diet, and a laxative state of the bowels. If, however, there be much fever and pain in the head, it will be necessary, in addition to the above, to bleed, blister behind the neck, and take freely of diluting drinks, as flaxseed tea, barley or rice water.

There is a singular peculiarity now and then attending this complaint; for sometimes the swelling of the neck subsides, the testicles of the male, and breasts of the female, are affected with hard and painful tumours, and frequently when one or other of these tumours has suddenly been repressed, a delirium of the milder sort

occurs. In this event, bleed moderately, apply a blister between the shoulders, give a dose of calomel, and endeavour to reproduce the swelling by warm fomentations and stimulating remedies. When these tumours are painful, every precaution should be used to prevent suppuration from ensuing, by bleeding, carthartics, antimonial powders, (see Recipe 1,) diluent drinks, and by cooling and discutient applications, as cloths wet with lead water (see Recipe 35) and cold vinegar and water.

SORE EYES.

A DISEASE so well known, as to render all description of it unnecessary.

CAUSES. External violence done to the eyelids, or to the eye itself—extraneous bodies under the eyelids, as particles of dust and sand—acrid fluids or vapours —exposure of the eyes to a strong light, and night watching, especially sewing, reading or writing, by candle light.

Inflammation of the eyes may also be the consequence of bad humours in the system, or may accompany other diseases of the eyes and of the neighbouring parts; such as the turning inward of the eyelids, or styes growing on them.

TREATMENT. When the disease is moderate, and the exciting cause no longer exists, the cure is perfectly easy, requiring little more than external applications, such as washing the eyes frequently with warm milk and water, mixed with a little brandy, or using for a lotion, mucilage of sassafras, (see *Materia Medica*,) simple rose water, or about eight grains of white vitriol dissolved in a gill of spring water.

But in more severe affections, bleeding, blistering behind the ears, on the temples, or nape of the neck, with gentle purgatives, and the cooling regimen, will be found eminently useful. The greatest benefit will

also result from soft linen bandages wet with cold water, applied to the eyes, and frequently renewed until the heat and inflammation have subsided. Soon as this is effected, use the anodyne eye-water, (see Recipe 34.) or two or three drops of laudanum dropped into the eye, or bathe the eyes in cold water, or brandy and water, to restore the tone of the parts.

In all inflammations of the eyes from common causes, the remedies above specified will generally succeed; only we should be careful not to use any of the more stimulant applications, till the inflammation begins to abate of its violence, otherwise they will rather increase than subdue the malady.

In obstinate cases, there is no remedy so effectual as a blister plaster immediately over the eye. For this very important discovery, I am indebted to the adjunct Professor of Surgery, Dr. Dorsey, whom, on his own polite invitation, I accompanied to the hospital, where he showed me a case in point. A man, whose inveterate ophthalmia, after obstinately resisting all the usual applications, was completely cured by a single blister about an inch and a half in circumference, employed in this novel way.

When this disease is occasioned by morbid humours in the habit, as the scrophulous or venereal, we must use the remedies pointed out in the treatment of those complaints. If dirt or foreign matter be lodged in the eye, it may soon be removed by passing a small hair pencil between the eyelids, and the ball of the eye.

The defending of the eyes from the light by confinement in a dark room, or wearing a piece of green silk over them, is a caution, which, though too obvious to be pointed out, is too important to be omitted.

Prevention. To persons liable to this complaint, the following instructions may be useful. When the eyes are weak, all painful and fatiguing exertions of them should be carefully avoided, such as looking at the sun, sewing or reading by candle-light, or sitting in a smoky room.

If there be well-grounded suspicion that the inflammation of the eyes originates from the suppression of any of the customary evacuations, those evacuations should, as soon as possible, be restored; and until then, an issue or blister on the neck should be kept running, as a necessary substitute.

PLEURISY.

Symptoms. An acute pain of the side, which reaches to the throat, in some to the back, and others to the shoulders, but in general, is seated near the fleshy part of the breast, with a high fever, hard and quick pulse, difficulty of breathing, and a teasing cough, sometimes moist, but most frequently dry. The seat of the inflammation, and consequently of the pain, may vary in different cases, but this is not of much importance, as the same mode of treatment is required in inflammations of the viscera contained in the cavity of the chest, as the membrane which invests them.

Causes. The pleurisy, like other inflammatory diseases, proceeds from whatever obstructs the perspiration; as exposing the body to the cold air when overheated. It may likewise be occasioned by whatever increases the circulation of the blood, as violent exercise, or an imprudent use of ardent spirits.

Treatment. In the cure of pleurisy, or inflammation of the viscera, our success depends on subduing the violent action of the vessels, by bleeding, blistering, and employing such remedies as are calculated to keep the bowels open, and to determine the fluids to the surface.

Hence, at the onset of this disease, a large bleeding is always necessary, succeeded by a dose of salts, senna and manna, castor oil, or some cooling purge, and so long as the blood exhibits a sizy crust on its surface when cool, and the violence of the symptoms continue, the lancet should be used once or twice a-day, with this

exception, that after a free expectoration has commenced, it will be less necessary.

A blister over the pained part, after the pulse has been reduced by bleeding, is by no means to be omitted; and if the pain is obstinate, when the blister on one side ceases to discharge freely, apply another on the other side. When blisters cannot immediately be obtained, warm cabbage leaves, or cloths wrung out of a hot decoction of emollient herbs, or a bladder nearly filled with warm water, applied to the affected side, and repeated as often as it becomes cold, will sometimes afford a little relief.

During this treatment, the patient should take freely of warm diluted drinks, as flaxseed, balm, or ground-ivy teas, barley or rice water, to which may be added a little of the juice of lemons.

The decoction of pleurisy root, or seneka or rattle-snake root, (see *Materia Medica*,) exhibited in doses of one or two table-spoonfuls every two or three hours, abates the febrile heat, and produces expectoration. The antimonial powders or mixture, or camphorated powders (see Recipe 1, 6 & 2.) also produce these beneficial effects. When these medicines are not at hand, portions of nitre dissolved in the patient's common drink, and ipecacuanha exhibited in such doses as will keep up a nausea at the stomach, without vomiting, will answer every purpose.

Inhaling the steam of hot water, from the spout of a tea-pot, or applying a large sponge dipped in warm vinegar, to the mouth and nostrils, will be beneficial. Flaxseed syrup (see *Materia Medica*,) is a valuable medicine in this complaint, in allaying the cough, a symptom exceedingly distressing. In the advanced stage of the disease, when the inflammatory symptoms are almost wholly abated, and the cough proves the chief cause of pain and loss of sleep, then opiates may be given with the greatest advantage.

It should be observed in the exhibition of opiates, that if they are administered in the commencement of inflammatory disease, before the necessary evacuations

are made, they increase the inflammation, and consequently injure the patient; but if given near the close of such maladies they are of the greatest service, and complete the cure. When perspiration is obstructed, they should be coupled with some emetic drug, as in the form of the anodyne sudorific draught or bolus, (see Recipe 18 and 20,) but when this is not the case, opium or laudanum alone, should be administered, and that in small doses, when the patient is much debilitated from previous evacuations. A half grain of opium, or fifteen drops of laudanum, or thirty drops of paregoric, given about an hour before the evening exacerbation, alleviates the symptoms, and if repeated for a few evenings, gradually increasing the dose, ensures the cure.

If the pulse sinks and becomes languid, blister the extremities, and give six or eight grains of volatile salts every three hours with mulled wine. The bowels, in the course of the disease, must be kept moderately open, by emollient injections or mild laxatives, as castor oil, or the cathartic mixture. (see Recipe 11.)

Regimen. In no disease is a strict abstinence more necessary than in this; since in proportion to the nourishment taken, will be the increase of the blood, and consequently of fever. Nothing but diluent drinks, as toast and water, barley water, bran, or flaxseed tea, ought to be allowed, until the violence of the disease is subdued; and these liquids should be taken often, but in small quantities at a time, and never cold. When nourishment is required, the lighter kinds only should be used, as arrow root, sago, panado, &c. After recovery, great care must be taken to prevent a relapse: the sparest diet should therefore be used; the inclemencies of the weather carefully guarded against; moderate exercise employed, and the chest protected from the action of cold, by wearing flannel next to the skin. In this state of convalescency, a prudent use of wine with bark or columbo, will assist digestion, and give tone to the system generally.

PERIPNEUMONY, OR INFLAMMATION OF THE LUNGS.

Symptoms. Febrile affections, succeeded by difficulty of breathing, cough, and an obtuse pain under the breast bone, or betwixt the shoulders, increased on inspiration. A sense of fulness and tightness across the chest—great anxiety about the heart, restlessness, loss of appetite and sleep—the pulse quick, sometimes hard, and seldom strong, or regularly full—the breath hot, the tongue covered with a yellowish mucus, and the urine turbid. From the obstruction to the free passage of blood through the lungs, the veins of the neck are distended, the face swollen, with dark red colour about the eyes and cheeks. The pain in the chest is generally aggravated by the patient lying on the side most affected, and very often he can lie only on his back.

Causes. Cold, obstructing perspiration, and thus producing a morbid determination to the lungs, or violent efforts by over-distention.

Treatment. Such is the delicate structure of the lungs, that they will not sustain inflammatory attacks many hours, before their important functions are destroyed, or so much mischief produced, as to lay the foundation of consumption.

The antiphlogistic plan, therefore, as advised in the pleurisy, for the *resolution* of the disease, the only salutary termination, should be put into immediate operation; and not by degrees, as is often the case, by which many lives are lost; but should be carried to the utmost extent, particularly the taking away of blood in considerable quantities from the arm, without attention to the state of the pulse, if the respiration is not relieved.

EPIDEMIC.

The attention of the medical gentlemen of our country, was drawn to a disease, which, during the three last winters, pervaded every state in the Union, and in most of them, according to the statements of the physicians, assumed every variety of shape, and required no little diversity of treatment. In some places the lancet was used freely, and in others, remedies highly stimulant were administered. In spite, however, of the very different practice pursued, the disease continued its ravages, which in many places resembled those of the plague, sweeping whole families into the grave.

Extreme debility appears to have been the characteristic feature of the disease; for all accounts agree, that in whatever form it commenced, there ensued a great, and sometimes a very sudden prostration of strength.

This alarming pestilence did not appear in the city of Washington, until the winter of the year 1815, and even then not so destructively as in many other places. Most of the cases which I saw, resembled very much the bilious pleurisy of our country. They commenced with chill and fever, accompanied by pain in the side and chest, with a dry skin and rather laborious respiration. But the cough was by no means so frequent and distressing, as in pleurisy or peripneumony. The eyes were wild and red, and the countenance uniformly indicated great anxiety and distress. In some instances, the throat and head were very much affected. The pulse was full, though soft and readily compressible; indeed it sometimes indicated so much action, that a practitioner not conversant with its peculiarity of type, would be very apt to treat the complaint as an inflammatory affection. This counterfeit character, however, did not continue long; for in a very short period it assumed the typhoid form.

Of the causes of the disease, little has been ascertained. In common with other epidemics, its origin is involved in obscurity. As yet, we know only that it com-

mences in cold weather, and is generally dissipated by the warmth of spring.

In the treatment of those cases which came under my care, I generally commenced with an emetic, and if this had no effect on the bowels, it was followed by a dose of salts, or an infusion of salts, senna and manna. During the operation of the cathartic, I sometimes found it necessary to support the patient, by having wine added to the gruel with which the medicine was to be worked off.

As the cure of this formidable disease depended principally on exciting perspiration, I lost no time after the operation of the medicine, in having sudorifics administered; and of this class I found nothing superior to the Seneka and Virginia snake-root. (See *Materia Medica.*) In the incipient stage of the disease I directed a strong decoction of the former to be taken in doses of a tea-cupful every hour or two, and as the disease advanced, or the pulse began to sink, the latter was administered in the same manner. In addition to this, mulled wine or cider highly spiced, or hot toddy, was given very freely in those cases which indicated great prostration of power. It was also my uniform practice to have a blister applied as speedily as possible on the breast or side, over the pained part. If the head was most affected, the blister was put between the shoulders; and when the throat was complained of, a cataplasm of mustard or garlic (see *Materia Medica*) was applied around the neck. Flannels wrung out of hot spirits, in which mustard-seed or red pepper had been steeped, were constantly applied to the extremities, and assisted greatly in producing the desired effect.

As the disease advanced, bark conjoined with Virginia snake-root proved a useful auxiliary in facilitating the cure.

Dr. Cutbush pursued a very similar plan in the treatment of his patients, and the fortunate result was the same.

Many other practitioners bear testimony in favour of this mode of practice. The ingenious and learned pro-

fessor Chapman, in his very interesting lecture on this epidemic, which I had the pleasure of hearing, stated, that in no instance did any patient die under his care, after perspiration was induced. It was his practice also, to combine with the diaphoretics, the most cordial stimulants; and of this class of remedies, he spoke highly of volatile alkali, in frequent and large doses.

As malignant as this disease was, it appeared to pay some respect to persons. For the rich, or rather those who lived generously, were seldom attacked with it; while the poor, and the intemperate, in those places where its ravages were most destructive, hardly ever escaped.

INFLAMMATION OF THE LIVER

Is of two kinds, the acute and chronic, and consequently requires variation in the mode of treatment.

Symptoms. The acute is marked by a pungent pain of the right side, rising to the top of the shoulder, something like that of the pleurisy; attended with considerable fever, difficulty of breathing, dry cough, and often bilious vomiting.

Causes. Violent and repeated shocks from vomits—sudden changes in the weather, but especially cold nights after very hot days—sitting in a stream of air when overheated—drinking strong spirituous liquors, and using hot spicy aliment.

Treatment. In this, as in all other cases of visceral inflammation, the same means to take off inflammation, as advised in the pleurisy, should be carefully observed. And as it is an object of the first importance to prevent the formation of matter, we should adopt these means as early as possible to produce resolution, the only salutary termination. Scarcely any complaint requires such prompt and copious blood-letting, as acute inflammation of the liver. After the acute stage is over, we

may consider the affection of a chronic nature, and the mode of treatment must be regulated accordingly.

The chronic inflammation of the liver, is usually accompanied with a morbid complexion. The symptoms are sometimes very obscure, and confined rather to the common marks of stomach complaints, as flatulence and frequent eructations. The appetite in consequence fails, and occasional uneasiness or pain is felt in the region of the liver extending to the right shoulder, the characteristic of the disease. An obscure fever prevails, which is generally worse at night, inducing languor, want of sleep, and much oppression. The patient has generally clay-coloured stools, and high-coloured urine, depositing a red sediment, and ropy mucus. In the progress of the malady, the countenance seems livid and sunk, and the eyes of a dull white or yellowish hue. Under these symptoms the body becomes gradually emaciated; while in the region of the liver is felt a sense of fulness, with a slight swelling and difficult breathing, attended with a hoarse, dry cough, which is particularly aggravated when the patient lies on the left side.

As the disease advances, dropsical symptoms accompanied with jaundice supervene; and under these complicated maladies the sufferer sinks. Sometimes an abscess opens externally, which, if it does not effect a cure, at least prolongs the life of the patient.

Treatment. In this species of the disease, the stimulant purgative pills (see Recipe 21,) may be employed with advantage.

The cure, however, depends principally upon mercury, or the nitric acid exhibited in small doses. The mercury may be introduced in the system, either by taking one or two of the mercurial pills (see Recipe 25,) night and morning, or by rubbing as frequently on the part affected, the ointment about the size of a nutmeg; continuing the one or the other, until a ptyalism is produced, or the disease is subdued.

During this course, the use of the tonic powders, or pills (see Recipe 4 and 23,) or bark and snakeroot, when

febrile symptoms have abated, will greatly hasten the cure.

The nitric acid, with patients who are scorbutic, or much debilitated, is far preferable to the calomel, on account of its antiscorbutic and tonic powers. It should be given to the extent of one or two drachms daily, diluted with water, in the proportion of one drachm of the acid to a quart of water. At first, it ought to be given in small doses, and frequently repeated, and the dose gradually increased as circumstances require. This medicine, like calomel, must be continued until the mouth becomes affected, the salivary glands enlarged, and their secretion increased; and when this takes place, the disagreeable symptoms will be removed, and the patient, from being debilitated, becomes healthy, vigorous, and cheerful.

My own experience of the efficacy of the nitric acid in chronic affections of the liver, induces me to speak well of it; and I am happy to add, it is a favourite remedy of that celebrated anatomist, and distinguished physician, professor Wistar, in this distressing disease, particularly when there is an enlargement of the liver.

Obstructions and indurations of the spleen, bear some resemblance to a diseased liver, and are very prevalent in low, marshy, and aguish situations. Their treatment consists in the use of the same means recommended for the cure of this disease.

Regimen. The food should be easy of digestion, such as veal, lamb, fowls, or fresh beef. Watercresses, garlic, and other pungent vegetables, are useful. A change of climate, and moderate exercise in the open air of the country, is both agreeable to the patient, and very salutary.

INFLAMMATION OF THE STOMACH.

Symptoms. Acute pain in the stomach, always increased upon swallowing, even the mildest drinks. Inexpressible anxiety, great internal heat, something like

heart-burn, constant retching to vomit—and, as the disease advances, the pulse becomes quick and intermitting—frequent hiccups, coldness of the extremities, and the patient is soon cut off.

CAUSES. Acrid or hard and indigestible substances, strong emetics, or corrosive poisons taken into the stomach, or drinking extreme cold liquors while the body is in a heated state. It may also be occasioned by external injury.

TREATMENT. Unless the inflammation can be resolved in the very beginning, it rapidly terminates in a mortification.

Therefore, a violent pain in the region of the stomach, with sickness and fever, should always be very seriously attended to. Copious and repeated bleedings, not regarding the smallness of the pulse, are absolutely necessary, and is almost the only thing that can be depended on. In no inflammation is the immediate use of the warm bath so necessary as in this, which attacks at once the "*throne*" of life. If a better bathing vessel cannot be had, a barrel or half hogshead filled with warm water, about blood heat, will do. Let the patient be instantly put in it, covering the top with a blanket. Keep him in as long as he can bear it; and when taken out, and wiped dry with warm cloths, he should immediately have a large blister over the stomach. The application of cups on the region of the stomach, is highly useful. The bowels must be kept open by the mildest glysters, as water gruel, or weak broth, with the addition of a little salt-petre, and sweet oil or sugar. These injections answer the purpose of internal fomentations, and also nourish the patient, who is often unable to retain any food, or even drink, upon his stomach.

REGIMEN. When the stomach will admit of nourishment, only that of the lightest kind should be allowed; barley water, and mucilage of gum arabic moderately warm, are the most suitable drinks. Every

thing of a heating and irritating nature must be carefully avoided for some time after the attack.

INFLAMMATION OF THE INTESTINES.

Symptoms. Tension of the belly—obstinate costiveness—great internal pain, external soreness, especially about the navel, and so severe as scarcely to bear the slightest touch—great debility—hard, small, and quick pulse.

Causes. The same generally, that induce the preceding disease. It may also be the sequel of other diseases, as rupture, colic, dysentery, worms, &c.

Treatment. Whatever may be the cause, we must endeavour to bring about, as quick as possible, resolution, lest mortification be the consequence. The treatment of inflammation of the stomach will also be proper here, as copious bleedings, emollient glysters frequently repeated, the warm bath, and immediately afterwards a blister on the belly. Cupping on the belly is also useful.

Such is the nature of this complaint, that we cannot be too cautious in the administration of *medicines* or *diluents* by the mouth. But the frequent use of emollient injections will in great measure supersede their necessity, and at the same time act as fomentations to the parts. Fresh olive-oil, in the dose of a table-spoonful, is perhaps the only medicine that can be admitted with safety. When the violence of the disease shall have considerably abated, we may venture to give some aperient medicine by the mouth, as castor oil, not rancid, calomel, or cathartic mixture. (See Recipe 11.) In this stage of the disease laudanum may be employed with great advantage, particularly by way of injection.

When the disease is combined with spasmodic colic, the application of cold to the abdomen, either by means of pounded ice, cloths wetted with very cold water, or

cold water dashed from a pail immediately over the belly, has sometimes succeeded when all other means have failed in removing the obstruction. The advantages derived from the affusion of cold water, are owing to its producing an increased action of the intestines, in consequence of sympathy with the external parts.

Regimen. After the disease is subdued, the diet should be, for some time, of the lightest kind, and not flatulent. The patient must be kept quiet, avoiding cold, severe exercise, and all irritating causes.

INFLAMMATION OF THE KIDNEYS.

Acute pain and heat in the small of the back—great numbness along the thigh, and not unfrequently a retraction of one of the testicles—retching to vomit—voiding the urine in small quantities, sometimes very pale, and other times of high red colour, attended with febrile affections. The patient generally feels great uneasiness when he endeavours to walk or sit upright, and lies with most ease on the affected side.

Causes. Excessive exertions, external injuries, violent strains, exposure to cold when heated, and calculous concretion in the kidneys.

Treatment. Bleed copiously, keep the bowels open with castor oil and emollient glysters, use the warm bath, or foment the part with a hot decoction of camomile or bitter herbs, or hot water alone; give mucilaginous and diluting liquors, as flaxseed tea, barley water, and thin gruel, with the camphorated powders (see Recipe 2,) or small portions of nitre. A decoction of peach leaves (see *Materia Medica*) is also beneficial in this complaint. Flannel wetted with spirits, with the addition of a little spirits of hartshorn, may be applied to the small of the back, for the purpose of exciting some degree of inflammation of the external parts. After the

inflammation has somewhat abated, the exhibition of laudanum in its usual quantities, either by mouth or glysters, will add considerably to the cure. This disease is often removed by a moderate ptyalism.

If the disease has been treated improperly, or neglected at the onset, and a suppuration takes place, which is known by a discharge of matter with the urine, use uva ursi, (see *Materia Medica*) or balsam capiva, twice or thrice a-day, for a week or two, and afterwards take bark or steel.

Regimen. The diet should consist of the most mucilaginous substances, as arrow root, sago, milk, buttermilk, custards, flaxseed tea, barley or rice water, &c. In the convalescent state, moderate exercise in the open air is of great service.

INFLAMMATION OF THE BLADDER.

Symptoms. Acute pain at the bottom of the belly, which is much increased by pressure—a frequent desire and difficulty in making water, and frequent efforts to go to stool, attended with febrile affections.

Causes. Calculous concretions, suppression of urine, from obstruction in the urethra, Spanish flies taken internally, or applied to the skin, wounds, bruises, &c.

Treatment. It must be treated consistently with the plan laid down in the preceding disease, excepting that where there is an entire retention of urine, the patient should drink no more than is absolutely necessary. The urine must then be drawn off by a catheter.

The lovers of wine and cider should remember that those beverages, however pleasant and exhilarating, have a tendency to aggravate all diseases of the kidneys and bladder, especially when they originate from an acrid state of the fluids.

HEADACH.

If a foul stomach be the cause, give an emetic, after which take columbo three times a-day. If from a plethoric habit, which is known by a heaviness of the head, and flushed face, bleed and give opening medicines. If from rheumatism, apply a blister to the back part of the neck, or between the shoulders, and at bed time bathe the feet in warm water, and take the anodyne sudorific draught. (See Recipe 18). If from a weak habit, and where the pain returns at stated periods, as in cases of intermittents, and confined on one side of the head, as over an eye, the cure will generally depend upon the free use of bark and snake-root, or the solution of arsenic (see Recipe 22) twice or thrice a-day, which seldom fails, especially if preceded by a brisk purge. In this as well as other periodical pains, laudanum exhibited in a pretty large dose an hour or two before the expected fit, will often prevent its coming on. Æther externally applied over the pain on a piece of linen, with a warm hand to confine it, will afford immediate relief in headachs attended with cold skin. Cayenne pepper mixed with snuff, by irritating the membranes of the nostrils, has also given much relief in cold or nervous headachs.

It is not unfrequent that the partial or nervous headach, as it is termed, is produced from a decayed tooth, which, on discovery, should instantly be extracted.

Those who are subject to this complaint, should bathe their head every morning in cold water; avoid full meals; lie with their head high in bed; and always keep their feet warm, and the bowels in a regular state.

EARACH.

Frequently produced from living insects getting into the ear. The most effectual way to destroy them is to blow in the smoke of tobacco, or pour in warm sweet oil. If occasioned by cold, inject warm milk and water

in the ear, or drop in a little laudanum or volatile liniment. If this produce not the desired effect, foment the ear with steams of warm water, and apply a bag of camomile flowers, infused in boiling water and laid on often, as warm as can be borne.

When the inflammation cannot be discussed, a poultice of bread and milk or roasted onions may be applied to the ear, and frequently renewed till the abscess breaks; after which, it must be syringed twice or thrice a-day, with castile soap and water. In this complaint, a blister behind the ear is highly useful.

DEAFNESS.

Is occasioned by any thing that proves injurious to the ear, as loud noise from the firing of cannon, violent colds, inflammation or ulceration of the membrane, hard wax, or by a debility or paralysis of the auditory nerves. It also frequently ensues in consequence of long protracted fever.

Treatment. It is difficult to remove deafness; but when it is owing to a debility of some part of the organ, or arises in consequence of any nervous affection, stimulants dropped into the ear, often prove salutary.

Æther dropped into the ear, seems to possess a twofold effect; one, of dissolving the indurated wax; and the other, of stimulating the torpid organ; but it is liable to excite some degree of pain, unless it be freed from the sulphuric acid. No prescription for deafness from indurated wax ever acted more surprisingly—none, I am sure, more agreeably to my feelings at least, than the following.

In consequence of a violent attack of bilious fever, which degenerated into the nervous, my honourable friend, Col. George M. Troup, of Georgia, was afflicted with a deafness for a year or two, so entire, that, in congress, when the members were on the floor, he was obliged to place himself close to the orator, and even then frequently failed of the pleasure and profit

of hearing his reasonings. Suspecting indurated wax to be the cause of his deafness, I directed the cavities of both ears to be well syringed with warm and strong suds of Castile soap. This was done twice a-day, the ears constantly filled in the interim with pellets of wool dipt in strong camphorated liniment, and sometimes plugs of camphor. In a few weeks, the nerves of hearing recovered their sensibility, and as the colonel himself thought, more acutely if possible, than before.

Finely powdered table salt dropt into the ear is sometimes highly useful in this complaint.

TOOTHACH.

Is best removed by extracting the tooth; when this cannot be effected, fill the cavity with a little cotton or lint dipped in Turlington's balsam, or laudanum, or any of the essential oils, or with pills of camphor and opium.

This unpitied, though often excruciating pain is, in most cases, no more than the just punishment of our neglect of the teeth; surely then we ought to take some care of them, though it were but for the pleasure of having them sound. But this care would be redoubled were we but daily to consider the advantage of good and clean teeth and sweet breath. Some women indeed are blessed with faces so nearly angelic, that not the blackest teeth can entirely defeat their charms, nor the vilest breath drive away their lovers. But how different would be effect of both, if, through their ruby lips, opened with a smile, we were to see teeth of ivory, white as snow, pure as the *fair owners' frame*, and accompanied with breath as sweet as that of infancy.

Prevention. To prevent the toothach, and to preserve the teeth and breath perfectly sound and sweet, the tooth-brush dipped in warm water, and then in charcoal tooth-powder, (see Recipe 5) should be used constantly every morning. The charcoal powder, an invention of the celebrated Darwin, is good for whitening

the teeth, and admirable in correcting bad breath. The tooth-pick and tumbler of pure water should never be forgotten after every meal.

If the calcareous crust or tartar upon the teeth adheres firmly, a fine powder of pumice stone may be used occasionally. When the gums are spongy, they should be frequently pricked with a lancet, and gently rubbed with a powder composed of equal parts of Peruvian bark and charcoal.

Young persons who wish to carry fine teeth with them through life, must take care never to sip their tea scalding hot, nor to drink water freezing cold. Such extremes not only injure the tender coats of the stomach, but often ruin the teeth, and have caused many imprudent persons to pass a sleepness night, distracted with pains of the teeth and jaws.

RHEUMATISM.

Symptoms. Wandering pains in the larger joints, and in the course of the muscles connected with them, increased on motion, and generally worse towards night. When with fever, it is called acute or inflammatory rheumatism, and chronic without.

Causes. Sudden changes of weather—application of cold to the body when overheated, wearing of wet clothes.

Treatment. In the inflammatory rheumatism, large and repeated bleedings are necessary, as indicated by the fulness of the pulse, especially on the first days, and when there is much pain. With this should be combined a free use of diluent drinks, as flaxseed or balm tea, barley or rice water, with a little nitre dissolved in each draught, or the antimonial mixture (see Recipe 6) in small doses, to excite slight perspiration, which should be kept up with great care; as in this relaxed state of the skin, the disease is liable to recur upon the least application of cold.

Bleeding and blistering over the part affected, when the pain and inflammation continue violent, have also their good effects.

After the inflammatory symptoms have in a great measure subsided, the anodyne sudorific draught or bolus, (see Recipe 18 and 20) or laudanum alone may be administered at bed time, with great advantage.

During this general treatment, attention must be paid to the state of the bowels, which should be kept open by emollient glysters or cooling medicines, as the cathartic mixture, (see Recipe 11) or castor oil, exhibited in small and repeated doses.

When the disease has fully attained its chronic state, it then forms a local affection, distinguished merely by stiffness, distention, and considerable immobility in the joint.

In this species of the disease, a different plan of cure must be followed. Large evacuations are to be avoided, and external stimulants of the warmest kind should be applied, as the oil of sassafras, spirits of turpentine, opodeldoc, or the volatile liniment; (see Recipe 63 and 64) and along with this, friction with a flesh brush or flannel over the afflicted joint is not to be omitted. If these means prove ineffectual to rouse the energy of the part, add to an ounce or two of either of the above articles, one or two drachms of the tincture of Spanish flies. In addition to these remedies, the internal use of the rheumatic tincture, (see Recipe 60) in doses of a table-spoonful twice or thrice a-day in a cup of tea, is much to be depended upon.

When these remedies prove ineffectual, we may suspect that there exists in the habit some peculiar fault, which must be corrected before a cure can be expected. If the patient be much debilitated, of a scorbutic habit, give him bark freely. And if the disease is in consequence of a venereal taint, or taking cold from the use of mercury, let him take calomel in small doses, or one of the mercurial pills (see Recipe 25) night and morning, until a ptyalism is produced. A strong decoction

of sarsaparilla (see *Materia Medica*,) is also a useful auxiliary, and sometimes a remedy of itself.

In some cases of obstinate rheumatism, I have witnessed the happiest effects from taking, for some time, a tea-spoonful of flour of sulphur night and morning in milk or spirit and water. In others again, I found nothing equal to the pokeberry bounce (see *Materia Medica*,) in doses of a wine-glassful, morning, noon, and night.

Compressing the large arteries by means of a tourniquet or bandage, as mentioned under the head of intermittents, is another remedy which has been employed with advantage in some instances of severe rheumatic pains.

Rubbing the part affected twice a-day with tartar emetic mixed in water is highly useful.

In recent cases when the pain is wandering from one part to the other, or whenever the joints are stiffened and rigid, and the pain upon motion severe, or where the muscles have became contracted, by the length and violence of the disorder, immersing the whole body in a warm bath, or applying it topically, by pouring warm water upon the limb from a kettle, or fomenting the part with a decoction of mullein two or three times a-day, will often soothe the pain, and prove a useful auxiliary to the other means we employ.

Two other forms of rheumatim ought here to be mentioned, namely, the lumbago, and the sciatic. The first, attacks the loins or lumbar region, with a most acute pain shooting to the joints of the thigh. This affection is nearly related to the inflammatory rheumatism, and must be treated in the same manner, only instead of applying blisters over the affected part, they should be applied on the inside of the thighs, and kept running for some time.

The second, or sciatic, is a violent or fixed pain, attacking the hip joint, and as partaking of the nature of the chronic rheumatism, is most successfully to be treated like that disease.

Prevention. Cold bathing, and the use of flannel next the skin, are the most effectual means of preventing the recurrence of both acute and chronic rheumatism.

Regimen. In acute rheumatism, the patient must be kept on a cool spare diet; but no change whatever will be necessary in the patient's ordinary mode of living, in chronic rheumatism. In this species, mustard and horse-radish (see *Materia Medica*) used freely in their natural state, or united with food, will be found very beneficial. Exercise, either of the whole body or of particular limbs, will be highly important. The want of exercise is apt to produce stiffness in the limbs.

VACCINE DISEASE, OR COW-POX.

The vaccine discovery may be justly considered as one of the most extraordinary blessings bestowed on man; since it is a fact, incontestable, that it is a certain security against the small-pox, a disease distressing in its symptoms, formidable in its appearance, doubtful in event, and to which mankind are so generally exposed.

The comparative advantages which the kine-pox has over the small-pox are very great and striking. *First*, it is neither contagious nor communicable by effluvia; *secondly*, it excites no disposition to other complaints; *thirdly*, it can be communicated with safety to children at the earliest age, and almost in every situation; and, *fourthly*, it is never fatal. What more can be required to produce a general conviction of its superior utility? The method of performing the inoculation, is to hold the lancet nearly at a right angle with the skin, in order that the infectious fluid may gravitate to the point of the instrument, which should be made to scratch the skin repeatedly, until it becomes slightly tinged with blood. The operator must be cautious not to make the wound deeper than necessary, as the inoculated part

will be more liable to inflammation, which may destroy the specific action of the virus.

The most certain method of securing the infection, is to inoculate with fresh fluid from the pustule; but as this is often impracticable, it is advisable to hold the infected lancet over the steam of boiling water to soften the hardened matter. Where the virus has been procured upon thread; make a small longitudinal incision in the arm, and insert in it the affected thread, and detain it there by court-plaster, until the disease is communicated. Matter may also be procured from the scab. The mode of inoculating from it is the same as from the fluid, taking care, however, previously to moisten it with tepid water, and to use the matter of the inner side of the scab. The scab will frequently retain its virus for months, provided it be kept in a close box.

The first indication of the success of the operation is a small inflamed spot at the part where the puncture is made; which is very distinguishable about the third, fourth or fifth day. This continues to increase in size, becomes hard, and a small circular tumor is formed, rising a little above the level of the skin. About the sixth or seventh day the centre of the tumor shows a discoloured speck, owing to the formation of a small quantity of fluid, and this continues to increase and the pustule to fill, until about the tenth day.

At this time it shows in perfection the characteristic features which distinguish it from the variolous pustule. Its shape is circular, or somewhat a little oval, but the margin is always well defined, and never rough and jagged, the edges rise above the level of the skin, but the centre is depressed, and has not that plumpness which marks the small pox pustule. As soon as the pustule contains any fluid, it may be opened for future inoculation. About two days before, and two after the eighth day, making a period of four days, is the season when the matter is found in its greatest activity.

At the eighth day, when the pustule is fully formed, the effects on the constitution begin to appear. The ge-

neral indisposition is commonly preceded by pain at the pustule and in the arm-pit, followed by headach, some shivering, loss of appetite, pain in the limbs, and a feverish increase of pulse. These continue with more or less violence for one or two days, and always subside spontaneously without leaving any unpleasant consequences. During the general indisposition, the pustule in the arm, which had been advancing to maturation in a regular uniform manner, becomes surrounded with a circular inflamed margin, about an inch or an inch and a half broad, and this blush is an indication that the whole system is affected; for the general indisposition, if it occurs at all, always appears on, or before the time when the efflorescence becomes visible. After this period, the fluid in the pustule gradually dries up, the surrounding blush becomes fainter, and in a day or two dies away imperceptibly; so that it is seldom to be distinguished after the thirteenth day from inoculation. The pustule now no longer increases in extent, but on its surface a hard thick scab, of a brown or mahogany colour is formed, which if not removed, remains for nearly a fortnight, until it spontaneously falls, leaving the skin beneath perfectly sound and uninjured.

The above is the progress of the vaccine inoculation in the greater number of cases, from the time of insertion to that of drying up of the pustule, with only the variation of a day or two in the periods of the different changes. The successive alterations that take place in the local affection, appear to be more constant and more necessary to the success of the inoculation, than the general indisposition. With respect to this latter, the degree is very various—infants often pass through the disease without any perceptible illness—with children it is extremely moderate—and even with adults, its severity is but for a few hours, and then never dangerous.

Very little medical care is necessary to conduct the patient through this disease with perfect safety; especially when children are the patients. Adults may take a dose of salts on the eighth day, which will be parti-

cularly useful in plethoric habits. In general, no application to the inoculated part will be required, unless the inflammation increases, and the pustule becomes painful; then the part should be kept moist with cold vinegar and water, or lead water, till the pustule is dried up.

To conclude, much attention and discrimination are necessary in the vaccine inoculation, to ascertain whether the infection has fully taken, and whether or not, the disorder is complete and genuine. The regularity with which the local disease at the place of inoculation, runs through its several stages, seems to be the principal point to be attended to: for the presence of fever is certainly not necessary to constitute the disease, since the greater number of infants have no apparent indisposition.

Therefore, when the vaccine inoculation is followed by no local disorder, or only a slight redness at the punctured part, for a day or two, we can have no doubt that the operation has failed. When the pustule advances in very hasty and irregular progress, when the inoculated puncture on the second or third day after insertion, swells considerably, and is surrounded with an extensive redness: this premature inflammation very clearly indicates a failure in the operation. Even when the inoculation has advanced for the first few days in a regular manner; but, when about the sixth day, instead of exhibiting a well formed-pustule and vesicle of fluid, the part runs into an irregular festering sore, the purpose of inoculation is equally defeated; and these varieties require it to be watched with an attentive and experienced eye, since they might readily lead to a false and perhaps fatal idea of security against any subsequent exposure to the small-pox. The circumstance, however, which most strikingly distinguishes the genuine from the spurious disease, is the appearance of the pustule. In the genuine, the pustule has a *well-defined elevated margin*, with an *indentation* in its centre, resembling a button mould. The spurious is either pointed like a small common abscess, or is rugged and

irregularly formed, like an ordinary sore. Every other symptom, almost occurs in each disease.

SMALL-POX.

It would seem unnecessary to take any notice of the small-pox, after having treated so largely of its mild and merciful substitute, the cow-pox; but as that dreadful disease does sometimes find its way on board of ships and into country neighbourhoods, sweeping whole families in its progress, it may be very proper to subjoin the following history of its symptoms and treatment.

The small-pox appears under two very different forms, the distinct and confluent. In the first, which is by far the mildest, the pustules fill and assume a conical shape. In the last and most dangerous, the pustules run together, and remain flat.

Symptoms. A few days prior to the attack, the patient complains of languor and weariness, succeeded by cold shiverings and transient glows of heat, immediately before the fever; which is accompanied by violent pain of the head and loins, and frequently with a severe, oppressive pain at the pit of the stomach. The patient is very drowsy, and sometimes delirious. About the third day, the eruption appears like flea bites, first on the face and limbs, and afterwards on the body. From this period the pustules gradually increase, and on the fifth or sixth day, will begin to turn white on the tops. The throat at this period often becomes painful and inflamed; and sometimes on the seventh day the face is considerably swelled.

In the confluent, the spots assume a crimson colour, and instead of rising, like the distinct kind, they remain flat and run into clusters; and during the first days of the eruption, much resembling the measles, but of a purple colour. The flow of saliva is constant in this form of the disease, and becomes so viscid as to be discharged with the greatest difficulty.

Treatment. The cure of small-pox depends on the general principle of the antiphlogistic plan, especially in a free admission of cold air, which may be carried much further in this, than in any other disease. Bleeding in the first stage of the disease, or when the pulse is full, may be allowed, but the use of cooling purgatives, with acid and diluent drinks, are indispensable.

When the eruption makes its appearance in clusters of a dark red colour, the disease is more of a putrid nature; and consequently, instead of bleeding, requires a liberal use of bark and wine to invigorate the constitution, as directed in the nervous fever. See Oak. *Materia Medica.*

But besides this general treatment, there are some symptoms which require particular attention. Thus, when convulsions or great restlessness prevail, exposure to cold air, and a dose of laudanum are enjoined. Where respiration is much impeded, or deglutition difficult, blisters may be applied to the breast and neck, and gargles, such as are recommended for sore throats, frequently employed. If the perspiration be obstructed, the antimonial mixture may be used.

When this disease finds its way aboard of a vessel, or into a family, all those who have not had it, should immediately be inoculated with the variolous matter, if the vaccine fluid cannot be procured.

The benefits which result from inoculation are great, as we have an opportunity to prepare the system by abstinence from animal food, and by taking one or two purges of calomel and jalap before the eruption takes place. But if the subject be of a weak delicate habit, a restorative diet alone will be more proper.

In every stage of the small-pox, the bowels should be kept open, either by mild purgatives or glysters.

Regimen. The diet is to consist of vegetable substances, as arrow root, panado, milk, rice, &c. and when the eruption is completed, a more nourishing diet may

be allowed. If the disease is of the putrid kind, wine, cyder, perry, porter or milk toddy, may be given freely.

In this as in all diseases connected with putrescency, the advantages arising from cleanliness as well as from frequent ventilation of the chambers, are so obvious, that to insist on them is unnecessary. See *Nervous Fever*.

MEASLES.

This disease is the effect of a specific contagion, and attacks persons only once in life.

Symptoms. Alternate heats and chills, with the usual symptoms of cold. On the fourth day from the attack, eruptions like flea bites, arise on the face and body, and in about four days more, those eruptions disappear with the fever.

Treatment. When the disease is very slight, little more is necessary than to keep the patient's body open, with the cathartic mixture. (See Recipe 11.) But should the febrile symptoms run high, with difficulty of breathing, bleed, blister the breast, inhale through the spout of a tea-pot, the steam of hot water, and give the antimonial powders or mixture. (See Recipe 1 and 6.) The cough being usually troublesome, it will be proper to take freely of flaxseed syrup, (see *Materia Medica*) or some demulcent pectoral. After the eruption is completed, the anodyne sudorific draught, (see Recipe 18,) paregoric, or laudanum, will be serviceable at bed time, to allay the cough. If the spots suddenly disappear, immerse the body in warm water, or bathe the legs and feet, and give freely of warm wine whey, until the eruptions return.

The consequences attendant on the measles are often more to be dreaded than the immediate disease; for, although a person may get through it, and appear for a time recovered, still pulmonary consumption frequently arises, and destroys him. Another bad consequence of

the measles is, that the bowels are often left by them in a very weak state, a diarrhœa remaining, which has sometimes proved fatal. An obstinate ophthalmia, or affection of the eyes, will also ensue, if proper attention is not paid in managing the disease. Most of these disagreeable symptoms may be prevented by blood-letting, in the first stages of the disease.

Should the symptoms manifest a malignant kind of the disease, and a putrid tendency prevail, we must then adopt a very different mode of treatment from what has been advised for the inflammatory. The cure must be conducted on the plan recommended for the nervous fever.

Regimen. The diet should be low and proportioned to the degree of fever. Barley or rice water, flax-seed tea, or other cooling mucilaginous drinks, with jellies, as arrow root, gruel, sago, &c. will, in general, be all that is necessary until the feverish symptoms are evidently on the decline. Much caution is necessary that the patient be not suddenly exposed to cold air, which might repel the eruption and produce fatal effects.

CHICKEN, OR SWINE-POX.

In this disease an eruption much resembling that of a very favourable small-pox, appears after a very slight fever. This eruption soon proceeds to suppuration, in which state it remains but a little time, before the disease terminates by the drying up of the pustules, which seldom leave scars behind.

As to the treatment, medicine is very seldom necessary, it being generally sufficient that the patient be kept moderately cool, and supplied with diluent drinks and light food. Should there be fever, a cooling purge and afterwards the antimonial powders or mixtures may be employed.

SAINT ANTHONY'S FIRE.

SYMPTOMS. An inflammation on some part of the skin, attended with pain and heat; and when extensive, there is considerable fever, accompanied with drowsiness.

CAUSES. Imprudent exposure to cold when the body is heated—hard drinking—and sudden stoppage of any natural evacuation.

TREATMENT. When slight, it requires only that the bowels be kept gently open, by an infusion of peach leaves, (see *Materia Medica*) small doses of cream of tartar and sulphur, or the cathartic mixture, (see Recipe 11.) with small portions of nitre in the patient's common drink; but when the attack is violent, and the head affected, then, in addition to the above, bleed, bathe the feet in warm water, apply sinapisms to the extremities, and give the saline or antimonial mixture (see Recipe 14 and 6.) with diluent drinks.

The best external applications are flour or starch, gently sprinkled by a puff on the part, or in case of dryness and much heat, cabbage leaves, stripped of their stems and softened in boiling water, and renewed every two or three hours. Cold applications, as cloths wetted with vinegar and water, with the addition of a small quantity of camphorated spirits, has also been employed with great benefit and relief to the feelings of the patient.

If, in spite of these means, ulceration should take place, apply bark poultices, frequently renewed, or cloths dipped in the camphorated spirits, (see Recipe 62.) with the usual means of preventing mortification. Should the inflammation become of a purple colour, or the swelling suddenly subside, attended with internal oppression, anxiety and weak pulse, apply blisters or sinapisms to the extremities, and give wine or warm

toddy freely, to throw out the eruptions to the skin; and then it is to be treated as the nervous fever.

Regimen. The diet should be low, and the drink chiefly of rice or barley water, acidulated with tamarinds or the juice of lemons.

Prevention. Avoid the extremes of heat or cold, abstain from spirituous liquors, and keep the bowels regularly open.

BLEEDING AT THE NOSE.

In febrile diseases accompanied with pain in the head, flushed countenance, and redness of the eyes, bleeding from the nose in general, is salutary, and ought not to be checked, unless the patient is likely to be too much exhausted by it; however, when this discharge is too profuse, the patient should have his head raised and exposed to cool air. Beside which, cold acidulated drinks should be used, and the patient should either immerse his head in very cold water, or have cloths dipped in cold vinegar and water frequently applied to the face and back of the neck. A piece of metal, as a key for example, applied cold to the naked back, is a familiar remedy, and often succeeds. If these should not prove sufficient, a pledget of lint dipt in strong alum water, or a powder composed of flour and alum of equal quantity, should be introduced into the nostrils, with sufficient force to compress the orifice of the ruptured vessels. To keep the feet for some time immersed in cold water, is an excellent remedy in this disease.

One of the most powerful styptics which we can use, says Dr. Thomas, is powder of charcoal. It may be applied by means of tents, first moistened with water, and then dipped in this powder; but in slight cases, it will answer by being taken like snuff.

After the bleeding has ceased, the patient must be

careful not to remove the tents of clotted blood, but should allow them to come away of themselves.

SPITTING OF BLOOD.

When there is a discharge from the mouth of blood of a florid colour, brought up with more or less coughing, preceded by a sense of tightness, weight, and anxiety in the chest, and attended with a saltish taste of the spittle, it is in consequence of a ruptured vessel of the lungs.

Causes. Plethora—violent exercise of the lungs—and frequently a faulty conformation of the chest.

Treatment. Give immediately from a tea to a table-spoonful of common salt, which must be repeated every two hours or oftener, in large doses until it is checked. And to prevent a return of the disease, a small table-spoonful of the salt must be taken daily for two or three days. Professor Rush employed the common salt with success, in hæmorrhages from the stomach, accompanied with vomiting, and others have tried it with equal success in discharges of blood from the nose and uterus.

The sugar of lead in the form of powder or pills (see Recipe 22,) has also been employed with great advantage in this complaint

If the patient be of a plethoric habit or feverish, a free use of the lancet is absolutely necessary, in proportion to the state of the pulse. Besides which, cooling purgatives should occasionally be given; the patient, at the same time adhering strictly to the antiphlogistic regimen. The tincture of foxglove (see *Materia Medica*) exhibited in small doses every three or four hours, by retarding the action of the pulse, will prove a most useful auxiliary in suppressing pulmonic hæmorrhages, particularly in those cases where an inflammatory diathesis prevails.

Whenever there is fixed pain of the chest, a blister

applied to the breast or back will do much service. After the pain, cough, and afflux of blood cease, ten or fifteen drops of balsam capivi, or four or five tar pills of common size, prepared by adding bark to the tar, thrice a-day, will be proper to restore the tone of the ruptured vessels.

Sometimes a spitting of blood is produced in consequence of suppressed evacuation; in this case it is not dangerous, and only requires remedies to restore the vicarious discharge.

Regimen. A low diet must be strictly observed and the body kept as quiet as possible. Nothing should be taken warm: flaxseed tea, barley or rice water acidulated with the juice of lemons or elixir vitriol, ought to be used as common drinks, and taken as cold as possible.

Prevention. Carefully avoid all exertions which detain or which hurry the blood in its passage through the lungs, as singing, loud speaking, running or lifting great weights. Obviate costiveness by the occasional use of mild aperients, and use a spare diet. On experiencing any pain in the chest, blister, bleed, and constantly wear flannel next to the skin.

CONSUMPTION.

Symptoms. Those which mark its first stage, are a slight fever increased by the least exercise—a burning and dryness in the palms of the hands, more especially towards evening—rheumy eyes upon waking from sleep—increase of urine—dryness of the skin, as also of the feet in the morning—occasional flushing in one, and sometimes both cheeks—hoarseness—slight or acute pain in the breast—fixed pain in one side, or shooting pains in both sides—headach—occasional sick and fainty fits—a deficiency of appetite—and a general indisposition to exercise, or motion of every kind.

The first appearance of this disease will vary in dif-

ferent cases, but the most constant symptoms which characterize it, are a cough and spitting of phlegm resembling matter, of which at length it becomes entirely composed.

Causes. Obstructions and inflammation of the lungs, depending most frequently on the existence of small tubercles in the substance which coming to suppuration, burst and discharge a purulent matter. Sometimes it is induced by a general affection of the system, and sometimes it is a consequence of other diseases, as cold, measles, small-pox, pleurisy, &c. &c.

Treatment. This must be varied and adapted to each stage and case of the disease. In the first, or inflammatory stage, moderate bleedings twice or thrice a week, according to the force of the pulse, and habit of the patient are essential, aided by blisters to the breast and back; and employing at the same time a cooling regimen.

Nitre in doses of ten or fifteen grains, three or four times a-day, and the antimonial mixture (see Recipe 6) in nauseating doses, are serviceable in lessening the arterial action, but greater benefits will result from the use of the foxglove, (see *Materia Medica*,) which may be given with safety even to consumptive children; but like all powerful medicines, it should be used with much caution in such tender subjects. The most eligible mode of using the foxglove, is in a tincture, (see Recipe 5,) beginning with the dose of twenty drops, and gradually increasing it to forty, fifty, or sixty to an adult, morning, noon and night. In giving this medicine, it should be so managed as not to induce vomiting or violent sickness. But if either happen, the patient must for a day or two omit the medicine, and afterwards resume the use of it in smaller doses.

After the inflammatory symptoms have somewhat subsided, laudanum in doses of five or six drops twice or thrice a-day, and a larger dose at bed time, may be given with the greatest advantage. Doctor Rush often

succeeded in curing this disease, by giving small doses of calomel until a slight salivation was excited, but it should not precede the antiphlogistic treatment.

Iceland liverwort or moss, has been highly extolled of late in this complaint as a remedy, that readily allays cough, facilitates expectoration, abates hectic fever, and quiets the system without constipating the bowels .It is likewise said to strengthen the organs of digestion, without increasing the action of the heart and arteries. Indeed the physicians of Europe have spoken so loudly in its praise, that every patient ought certainly to give it a trial. The most approved method of using it is in the form of decoction; one ounce of the herb to a quart of water boiled for fifteen minutes over a slow fire, to which two drachms of sliced liquorice root may be added about five minutes before it is taken off. A tea-cupful of this decoction should be taken four times a-day. Another form is by boiling two drachms of the herb in a pint of milk for ten minutes, and taking it for breakfast and supper. If chocolate be preferred, it may be blended with it, by making the chocolate with a decoction of the moss, without the liquorice, as above directed.

Regimen. The diet in the inflammatory state of consumption should be light, and composed of articles that tend to correct acrimony and diminish inflammation, as milk, butter-milk, rice milk, arrow root, sago, fruits of every kind, and vegetables. In the advanced stage of the disease, and when the pulse is weak, a more cordial and stimulating diet, and strengthening remedies are necessary. To prevent weakness, and other ill effects of an empty stomach, patients should take frequently of meat, with wine or toddy: raw oysters are thought to be peculiarly proper. With this cordial diet, small does of balsam capivi or laudanum, or an infusion of the inner bark of the wild-cherry tree, or haorhound and bitters of all kinds, have been exceedingly useful, in this state of consumption. Exercise when not carried to fatigue, in a dry country air,

often does more good than medicine, and consequently should always be taken. A perpetual blister or a seton on the breast or side, is useful in this complaint.

Long journies on horseback, are the most effectual modes of exercise, carefully avoiding night air, and the extreme heat of the day in summer. That exercise be not carried to fatigue, patients should travel only a few miles in a day at first, and gradually increase the distance as they increase their strength. When exercise on horseback cannot be supported, sailing and swinging should be substituted, and no effort to cheer the spirits, or innocently to amuse the mind, should be neglected.

Great care should be taken to regulate the dress according to the changes of the weather. The chest in particular should be defended from the cold, and the feet from the damp. In the various stages of this disorder, the bowels ought to be kept moderately open by emollient glysters, or the mildest laxatives.

INCONTINENCE OF URINE.

Symptoms. An involuntary evacuation of urine.

Causes. A relaxation of the sphincter of the bladder—injuries received about the neck of the bladder—pressure of the womb in a state of pregnancy, &c.

Treatment. When the disease proceeds from a relaxation of the sphincter of the bladder, a blister to the *os sacrum* or lowermost part of the back-bone will be found highly beneficial, and often effects a cure. The cold bath and tonic medicines, as bark, steel, and columbo, are peculiarly proper in obstinate cases of this kind. The tincture of cantharides (see Recipe 56) in doses of ten or twelve drops every three or four hours, is also a good remedy. When it is produced by an impregnated womb, little more can be done, than observing a horizontal position as much as possible. The

occasional use of rhubarb in small doses, to keep the bowels easy, tends to alleviate the affection.

SUPPRESSION AND DIFFICULTY OF URINE.

Arises from a variety of causes, as calculous concretions—obstructions in the uretha—blisters—or the tincture of cantharides, taken internally too freely—wounds, bruises, &c.

Treatment. If the pulse be full and feverish, bleed and procure stools by emollient glysters and cooling laxatives, such as castor oil, or the cathartic mixture. (See Recipe 11.) Much dependence is to be placed in the free use of demulcent drinks, as barley water, flax-seed tea, mucilage of gum arabic, decoction of marsh-mallows, of parsley roots, or of water-melon seeds, especially if the affection be owing to the cantharides, or any injury of the bladder. One of the camphorated powders (see Recipe 2) given every three or four hours, in the patient's common drink, will also prove an auxiliary. Great relief will be obtained from the warm bath, used oftener or seldomer as the case may require, or from the frequent applications to the belly of cloths wrung out of hot water, or bladders half filled with it. Opiates are serviceable, but should never be used in the height of fever.

When this complaint is in consequence of calculous concretions or gravel obstructing the urinary passages, which may be known by pain in the loins, sickness at the stomach, and sometimes a discharge of bloody urine, an infusion of wild-carrot seed sweetened with honey is very beneficial. A more powerful medicine, however, for gravel complaints, is the caustic alkali or soap-lees, (see Recipe 33,) but being of an acrid nature, it ought always to be given in mucilaginous drinks, and commenced with small doses; which should be gradually increased as far as the stomach can bear, and continued

for a long time, particularly if there should be an abatement of the symptoms.

When the application of blisters causes a difficulty of urine, wash the blistered part frequently with warm milk and water, or apply sweet oil. In children, a suppression of urine is often relieved by a poultice of raw onions or radishes applied to the bottom of the belly.

REGIMEN. During the violence of this complaint the lightest diet only should be used, and mucilaginous drinks taken freely. Those who are often afflicted with it, ought carefully to avoid aliment hard of digestion, flatulent, or of a heating nature.

PILES.

SYMPTOMS. Painful tumours about the fundament, or a flow of blood from it.

CAUSES. Costiveness—strong aloetic purges—much riding—or sedentary habits.

TREATMENT. If the patient be of a full habit, bleed and live abstemiously, keep the body gently open with molasses and water, or equal parts of sulphur and cream of tartar, in doses of a tea-spoonful two or or three times a-day. When the tumours are painful, set over a steam of hot water and anoint the part with sweet oil, or wash frequently with lead water, to a half pint of which may be added one or two table-spoonfuls of laudanum. If the tumours will not yield to one or other of these applications, anoint them night and morning with mercurial ointment, to which may be added opium. The application of leeches to the tumours, is highly useful. If the disease arises from debility, give ten grains of steel thrice a-day.

When the piles are of the bleeding sort, apply cloths dipped in cold vinegar and water, or a strong solution of white vitriol or alum, frequently to the fundament, or anoint the part with the hæmorrhoidal ointment, (see

Recipe 66,) and endeavour to restore the tone of the vessels by the use of bark, columbo, or steel.

DYSENTERY, OR BLOODY FLUX.

Symptoms. A discharge of mucus by stool often bloody—violent gripings—pain in the loins—a constant inclination to go to stool, without being able to void any thing; and sometimes fever.

Causes. Putrid air and aliment—green fruit—strong cathartics—obstructed perspiration, and whatever increases the natural irritability of the intestines.

Treatment. To conduct the patient safely through this disease, the bowels should be evacuated by calomel, castor oil or the cathartic mixture; (see Recipe 11,) and if the patient be of an inflammatory disposition, or there be febrile symptoms, blood-letting will also be required. After the acrid contents of the stomach and intestines have been evacuated, the anodyne sudorific bolus or draught (see Recipe 20 and 18) may be given at bed time: and on the following day, if there be no evacuation of a natural appearance, one or other of the above aperient medicines must be exhibited in small doses, until the desired effect is obtained.

To produce a natural evacuation daily, is a circumstance of the greatest importance in this disease, and should at all times be kept in view. To neglect this, as my good old friend, Doctor Henry Stevenson of Baltimore, used often to say, would be like "*Locking the thief in the house to do all the mischief he could.*" It is sometimes proper, instead of bleeding to give an emetic in the beginning of the disease, to persons of weak habits; but where there is a great degree of irritability of the stomach, or obstructions of the liver, vomiting will do more harm than good.

When the disease is epidemic, after having premised the necessary evacuations, calomel is most to be depended on, in doses of four or five grains, combined

with the anodyne sudorific bolus, or with one or two grains of opium alone, exhibited every night. And when the calomel does not produce a natural evacuation, it is always proper to give a small dose of castor oil, or one or two wine-glasses of the cathartic mixture (see Recipe 11) every morning, until the disease begins to yield.

If acidity prevails in the stomach and intestines, as marked by oppression, heat, sour belching and vomiting, and excoriations about the fundament, besides a liberal use of mucilaginous and sheathing drinks, a wine-glassful of the absorbent mixture, (see Recipe 8,) or a spoonful or two of new milk and lime water, should be given every two or three hours. Frequent injections of flaxseed tea or barley water with a table-spoonful of laudanum are of infinite service when the pain in the bowels and tenesmus are distressing.

In obstinate cases, or when there is the least apprehension of an inflammation of the bowels, the warm bath or local fomentation to the belly, and afterwards a blister, are indispensable. Cupping here is also useful. At the close of the disease, or when it indicates symptoms of a putrid nature, the infusion of bark or columbo is particularly useful, with wine; and rhubarb may be administered as a purge.

Doctor Mosely of Jamaica, states, that in chronic dysentery, unattended with fever, there is not a more efficacious medicine than the vitriolic solution, (see Recipe 7) in doses of a table-spoonful every morning, with an opiate at bed time.

In preparing this solution, the proportion of either the vitriol or alum may be increased or diminished according to circumstances; that is, when evacuations are required, the quantity of alum may be diminished, or entirely omitted, and when great astringency is required, the quantity of alum is to be increased and the vitriol diminished.

Another simple, though efficacious remedy in this disease, is a solution of common salt in vinegar or lemon juice, termed antidysenteric mixture. (See Recipe

10.) This medicine has also been strongly recommended in bilious fever or putrid sore throat, when the bowels are in an irritable state. Dewberry is likewise a valuable medicine in this distressing disease. (See *Materia Medica.*)

Regimen. In the violence of this disease, the diet should consist only of arrow root, sago, panado, or gruel, and the drinks of a cooling and sheathing nature, as barley or rice water, flaxseed tea, or mucilage of gum arabic. But when the disease has existed some time, the diet should be more nourishing, particularly if the patient has been weakened by preceding disease, or is either of a tender or an advanced age. Oranges, and whatever ripe fruit the season affords, may be allowed.

The room should be constantly fumigated with vinegar, and well ventilated. The clothing as well as the bedding ought to be often renewed, and all offensive odours, particularly the feces, should be removed as speedily as possible.

Prevention. The same means of prevention are here to be used, as under the head of bilious fever; and as this disease becomes infectious, like autumnal fevers do, by neglect of cleanliness, its further progress through the medium of bad air, may be checked by attending to the mode of purifying that element, prescribed under the head of nervous fever.

APOPLECTIC-FITS.

Symptoms. Sudden falling to the ground, with a deprivation of sense and motion, attended by deep sleep and noisy breathing; the circulation remaining unimpaired.

Causes. Plethora—hard drinking—too large doses of opium—blows—tight neck-cloths, or whatever interrupts the return of the blood from the head.

TREATMENT. In the cure of a disease threatening such sudden fatality, remedies must be speedily employed. The patient's head should instantly be raised and supported; and he be placed in a situation where he can respire a cool air. He is to be bled most copiously to the amount of a quart or more, and this must be repeated after a short time if he is not relieved, especially if the disease occur in a person of robust and plethoric habit. Cup also on the temples. Brisk purges are next to be administered, and when these cannot be swallowed, the most stimulating injections should be thrown up.

Where the disease depends rather on a depletion of the blood vessels than on too great fulness, which may be known by its attacking old people of debilitated habits; bleeding is sparingly to be resorted to, particularly if the countenance appears to be sunk and palid. In these cases the patient ought to be laid on a bed, with his head elevated, and turned every hour; glysters are then to be given, and as soon as liquids can be swallowed, the contents of the stomach and bowels should be evacuated by a brisk purge.

Sinapisms and blisters to the extremities should not be neglected. But searing the soles of the feet with a hot iron, will more certainly and suddenly rouse the torpid system.

REGIMEN. The diet should be of the lowest kind, consisting principally for several days after the attack, of diluent drinks; such as rice or barley water, tamarind water, flaxseed tea, &c.

PREVENTION. In full habits, let the diet be light and sparing, and the bowels kept open. In debilitated habits, the diet should be more nourishing, and the strengthening medicines, as bark, steel, &c. employed to give tone to the vessels.

EPILEPTIC-FITS.

Symptoms. The patient falls suddenly with a deprivation of sense; while the muscles of the face and every part of the body are violently convulsed.

Causes. Excessive drinking—sudden stoppage of the courses—severe fright—injuries of the head—teething in children—and irritation from worms in the stomach and intestines.

Treatment. To prevent the patient from injuring himself by the violence of his struggles, he ought immediately to be placed on a bed. The clothing should be every where loosened, and the head moderately elevated. A slip of wood should be placed between the jaws to prevent their closing on the tongue, and nothing is to be administered in a glass vessel. Should it appear that the patient has been drinking too freely of spirituous liquors, or has loaded his stomach with indigestible matter, a strong emetic should be immediately given, which, by cleansing the stomach, will often terminate the paroxysm.

If suppressed evacuations are the cause, they must be re-excited by such means as are calculated to restore the course of nature. If the patient complain of pain in the head, a seton in the nape of the neck should not be omitted. If worms be the fault, which may be known by an offensive breath and irregular appetite, they must be removed before a radical cure can be effected.

Sometimes an epileptic fit is preceded by an uneasy sensation in some of the limbs or trunk of the body, creeping upwards to the head. In this case, the fit will be prevented by applying a ligature above the part so affected.

Many cases have occurred, in which this disease has been cured with the sugar of lead, particularly under the age of maturity. It should be commenced in small doses, beginning with one fourth of a grain, for a half

grown person, and gradually increased to two grains or more, thrice a-day, made into pills with the crumbs of bread. If from using this medicine the bowels are disordered, it should be laid aside until relief is obtained by the use of the warm bath, mild laxatives, and opium in more than usual doses. A small portion of opium combined with the lead, will generally obviate or correct its unpleasant operation.

The good effects of nitrate of silver, commonly called lunar caustic, have also been attested by eminent physicians, in doses from one fourth, very gradually increased to a grain, twice a-day, made into pills with bread. The flowers of zinc have likewise been highly spoken of, and are said to have performed permanent cures, in doses of six or eight grains morning and night.

The herb cardamine or ladies smock, has been prescribed with advantage, and may be taken to the extent of a drachm three or four times a-day.

As there is incontrovertible evidence, that these medicines have succeeded in certain cases, they are all deserving of a fair trial, particularly in the treatment of a disease in which no plausible remedy should be left untried.

FAINTING-FITS.

Symptoms. The pulse and respiration suddenly becomes exceedingly feeble, insomuch at times, as to create a fear of the total extinction of life.

Causes. Fright—long fasting—large evacuations—debility, &c.

Treatment. The patient should be placed in a reclining posture, and every part of the clothing which by its tightness is likely to interrupt the free circulation of blood, must be immediately loosened. The doors and windows of the room, especially if the weather be warm, should be kept open, and no more persons ad-

mitted than are necessary to give assistance; and these should not prevent the free access of the air to the patient.

Sprinkle the face with cold water or vinegar, and apply volatiles, burnt linen or feathers to the nostrils; and that the stimulus may with more certainty be inhaled, the patient should be kept from breathing through the mouth, by holding a handkerchief forcibly against it, taking care, however, to leave the nostrils perfectly free.

HYSTERIC-FITS.

This disease more frequently occurs in the unmarried or barren woman, and those who lead a sedentary life. It very seldom appears before the age of puberty, or after the age of thirty-five years. The time at which it most readily occurs, is that of the menstrual period.

It generally commences with universal languor and coldness of the extremities. The colour of the face is variable, being sometimes flushed and sometimes pale. The pulse becomes unequal and obscure. The stomach is sometimes affected with vomitings, the lungs with difficulty of breathing, and the heart with palpitations. A painful sensation is often felt, like that of a globe or a ball in the left side of the belly, advancing upwards, and producing the same uneasiness in the stomach, from which it rises in the throat, occasioning by its pressure, a sense of suffocation; when a degree of fainting comes on, and certain convulsive motions take place, agitating the trunk of the body and limbs in various ways; after which, alternate fits of laughter and crying occur, and a remission then ensues. In some patients, a violent beating pain takes place in some part of the head, as if a nail was driving into it. Sharp pains, likewise, attack the loins, back and bladder, and the patient makes an unusual quantity of urine as limpid as water; which is one of the most characteristic signs of the disease.

The appearances which take place in this affection,

are considerably varied in different persons, and even in the same persons at different times. It differs by having more or fewer of those circumstances above mentioned; by these circumstances being more or less violent; and by the different duration of the whole fit.

If the patient be young and of a plethoric habit, blood-letting will be required during the fit; but in delicate constitutions this operation is not advisable. Volatiles, singed feathers, and the like, should be applied to the nostrils; and if the patient can swallow, a tea-spoonful of æther, or tincture of assafœtida, or thirty or forty drops of laudanum may be given in a glass of cold water, and repeated in a couple of hours or sooner if necessary. Glysters of gruel, to which have been added a tea-spoonful or two of laudanum, will also have a good effect. The feet and legs should as soon as possible be put into warm water, and well rubbed with the hand. Cold water sprinkled on the face, and the admission of cool air in the room, are likewise proper auxiliaries.

During the intermission of the fit, the nervous system should be strengthened to prevent a recurrence, by the tonic powders, pills, or drops (see Recipe 4, 23 and 19) in their usual doses, after having administered some purgative medicine. Upon the approach of any languor, the patient should instantly take a glass of wine, or a tea-spoonful of lavender, or ten or twelve drops of laudanum in a glass of cold water.

Regimen. An attention to diet is highly proper for the removal of this disease. A milk and vegetable diet duly persisted in, will have the most salutary effect, especially in sanguine constitutions. The best drink after dinner is water with the addition of a little good wine, or a smaller quantity of old spirits.

Tea should be prohibited altogether, or used sparingly. Moderate exercise, particularly riding on horseback, is of the greatest service, as are likewise amusements and cheerful company.

PALSY.

Is a disease consisting in a loss of the power of voluntary motion, but affecting certain parts of the body only, and by this it is distinguished from apoplexy. In the most violent degrees of palsy, the patient loses both the power of motion, and sense of feeling, either of one side, or the lower half of the body. The first is termed *hemiplegia*, the latter *paraplegia*. When it affects any particular parts only, as the tongue, the lip, eyelid, &c. it is termed a local palsy.

Symptoms. If this disease be not the effect of apoplexy, it is often preceded by universal torpor, giddiness, a sense of weight or uneasiness in the head, dulness of compression, loss of memory, and a sense of coldness in the part about to be affected; there is also, sometimes, tremor, creeping, and pain in the part.

Causes. Compression of the brain from any of the causes inducing apoplexy—certain poisons received into the body, as lead, arsenic, &c.—injuries done the spinal marrow. It is also produced in consequence of extreme debility, and old age.

Treatment. If palsy arises from the causes producing apoplexy, it must necessarily be treated in the manner recommended for the cure of that disease, by bleeding copiously in full habits, and keeping the bowels in a laxative state for many days.

When it arises from diminished energy of the nervous system, both internal and external stimulants are required. In this state, a table-spoonful of horse radish scraped, or the same quantity of mustard-seed swallowed three or four times a-day, will have a good effect. The volatile alkali is also of infinite service in large doses. At the some time external stimulants must be duly attended to, such as dry frictions over the part affected, with a flesh brush or rough cloths, and the

flower of mustard, or flannels impregnated with the oil of turpentine, volatile liniment, or oil of sassafras, to which should be added some of the tincture of cantharides. Stimulating the part with nettles has produced good effects, as well as electricity, particularly in local palsies. A seton in the neck, particularly if the patient is affected with giddiness, will afford considerable relief, and should not be neglected. Cases of palsy have been cured by a salivation.

If the disease is in consequence of a curvature in the back bone, compressing the spinal marrow, a perpetual blister or issue over the part affected, or on each side of the diseased portion of the bone, is the only remedy. A local palsy, particularly when it is confined to one muscle, will generally yield to the application of a blister as near to the part affected as possible.

Regimen. In plethoric habits the diet should be of the lightest kind; but quite the contrary in debilitated habits. In such cases the diet should be warm and strengthening, seasoned with spices and aromatic ingredients, and the drink must be generous wine, mustard whey, ginger tea, or brandy and water. Flannel worn next the skin is peculiarly proper, so is regular exercise, when not carried to fatigue, or used in a cold damp air.

HYPOCHONDRIAC DISEASE,

(Commonly called Vapours, or Low Spirits.)

This complaint chiefly occurs in the male, and that at advanced life; and it is confined, for the most part, to persons of a sedentary or studious disposition; especially such as have indulged grief or anxiety.

Symptoms. Languor, listlessness, or want of resolution and activity, with respect to all undertakings—a disposition to seriousness, sadness, and timidity as to all future events—an apprehension of the worst or most unhappy state of them, and therefore often, on

slight ground, a dread of great evil. Such persons are particularly attentive to the state of their own health, and to the smallest change of feeling in their bodies; from any unusual sensation, perhaps of the slightest kind, they apprehend great danger, and even death itself; and, in respect to all their feelings and apprehensions, there is, for the most part, unfortunately, the most obstinate belief and persuasion.

This diseased state of mind, is sometimes attended with symptoms of indigestion, hysterical affections, and sometimes with melancholy; but these are merely effects.

Causes. Indolence—violent passions of the mind—the suppression of customary evacuations—obstructions of some of the viscera, &c.; but its immediate cause appears to be a loss of energy in the brain, or torpid state of the nervous system. It would appear, however, that these complaints proceed from an original affection of the stomach.

Treatment. The cure of this disease seems to depend on exciting the nervous energy which is depressed, and that particularly by attending to the state of mind.

A constant state of motion should therefore be advised, especially by riding on horseback, and making long journies which presents new objects to the view.

Nothing is more pernicious in this disease, than idleness; but in avoiding it, all application to former studies, are to be prevented. The present emotions must be favoured and indulged; and though an attempt should be made to withdraw the attention of such patients from themselves, yet their confidence ought first to be gained; and since the persuasion of their own opinion is strong, and the infallibility of their own fears and sensations rooted, however absurb these may be, they require a very nice management,* Raillery

* Some Hypochondriacs have fancied themselves miserably

must never be attempted. From this supposed bodily affection, the mind should be diverted by employments suitable to the circumstances and situation in life, and

afflicted in one way, and some in another—some have insisted that they were TEA POTS, and some that they were TOWN CLOCKS—This that he had a big belly, and that his glass legs—one that he was extremely ill, and another that he was actually dying. But I have never heard of any of this blue-devil class, whose extravagance ever yet came up to the following, which was related to me by my noble hearted old friend, the late Dr. Stevenson, of Baltimore, whose very name always sounds in my ears, as the summary of every manly virtue.

This Hypochondriac, who by the bye was a patient of Dr. Stevenson, after ringing the change on every mad conceit that ever tormented a crazy brain, would have it at last that he was dead, actually dead. Dr. Stevenson having been sent for one morning in great haste, by the wife of his patient, hastened to his bed side, where he found him stretched out at full length, his hands across his breast, his great toes in contact, his eyes and mouth closely shut, and his looks cadaverous.

Well, Sir, how do you do? how do you do this morning? asked Dr. Stevenson, in his blustering jocular way, approaching his bed. "How do I do," replied the Hypochondriac faintly—"a pretty question to ask a dead man." "Dead!" replied the Doctor. "Yes, Sir, dead, quite dead. I died last night about twelve o'clock."

Quick as lightening Dr. Stevenson caught his cue, which was to strike him on the string of his character, on which the Doctor happily recollected he was very tender. Having gently put his hand on the forehead of the Hypochondriac, as if to ascertain whether it was cold, and also felt his pulse, he exclaimed in a doleful note, "Yes, the poor man is dead enough—it is all over with him, and now the sooner he can be buried the better." Then stepping up to his wife, and whispering her not be frightened at the measures he was about to take, he called to the servant, "My boy, your poor master is dead. And the sooner he can be put in the ground the better. Run to Mr. C—m, for I know he always keeps New England coffins by him ready made, and do you hear, bring a coffin of the largest size, for your master makes a stout corpse, and having died last night, and the weather warm, he will soon begin to smell."

Away went the servant, and soon returned with a proper coffin. The wife and family having got their lesson from the Doctor, gathered around him, and howled no little, while they were putting the body in the coffin.—Presently the pall-bearers who were quickly provided and let into the secret, started with the Hypochondriac for the church-yard. They had not gone far before they were met by one of the towns-people, who having been properly

unattended with much emotion, anxiety, or fatigue. Company which engages attention, and is at the same time of a cheerful kind, will always be found of great

drilled by the facetious Stevenson, cried out, " Ah Doctor! what poor soul have you got there?"

" Poor Mr B——," sighed the Doctor—" left us last night."

" Great pity he had not left us twenty years ago," replied the other, " for he was a bad man."

Presently another of the towns-men met them with the same question. " And what poor soul have you got there Doctor?"

" Poor Mr. B——," answered the Doctor again, " is dead."

" Ah! indeed!" said the other. " And so the devil has got his own at last.

" Oh villain!" exclaimed the man in the coffin, " if I was not DEAD, how I would pay you for that."

Soon after this, while the pall-bearers were resting themselves near the church-yard, another one stepped up with the old question again, " what poor soul have you got there Doctor?" " Poor Mr. B——," he replied, " is gone."

" Yes, and to h—ll, said the other, for if he is not gone there, I see not what use there is for such a place." Here the dead man bursting off the lid of the coffin, which had been purposely left loose, leapt out exclaiming, " Oh, you villain! I am gone to h—ll, am I!—Well, I have come back again to pay such ungrateful rascals as you are." A race was immediately commenced between the dead man and the living, to the petrifying consternation of many of the spectators, at sight of a corpse, bursting from the coffin, and in all the horrors of the winding sheet, racing through the streets. After having exercised himself in a copious perspiration by this fantastic chace, the Hypochondriac was brought home by Dr. Stevenson, freed of all his complaints. And by strengthening food, generous wine, cheerful company, and moderate exercise, was soon restored to perfect health.

To demonstrate further, the happy effects of possessing quick wit, " to shoot folly as it flies." I will cite another case of Hypochondriasm, which came under the care of that Philanthropic and learned physician, the late Doctor Crawford, of Baltimore, who in every thing amiable and good, was not unlike his intimate friend, Doctor Stevenson.

A certain Hypochondriac, who for a long time fancied himself dying of a liver complaint, was advised by Dr. Crawford, to make a journey to the state of Ohio. After an excursion of three months he returned home, apparently in good health: but upon receiving information of the death of a twin brother who had actually died of a schirrhus liver, he immediately took the staggers, and falling down roared out that he was dead, and had, as he always expected, died of a liver complaint. Dr. Crawford being sent for, immediately attended, and asked the Hypochondriac how he could

service. The occasional reading of entertaining books, or playing at any game, in which some skill is required, and where the stake is not an object of much anxiety, if not too long protracted, will further assist in diverting the mind from itself.

The symptoms of indigestion, and hysteric complaints, that so frequently attend this state of mind, although the effect, rather than the cause, are objects of practice; inasmuch as they tend to aggravate and realize the false apprehensions of the patient. These secondary affections require the same mode of treatment as recommended for indigestion and the hysteric disease. The warm bath is peculiarly beneficial in this complaint, and when the system becomes somewhat invigorated, the cold bath may be employed with advantage, provided there exists no obstructions in the bowels.—From an acid acrimony generally prevailing in the stomach, the rust of steel, or filings of iron in doses of ten grains thrice a-day, is the most salutary medicine of all the tonics. Magnesia and lime water are useful on the same account.

Regimen. A proper diet constitutes an essential part, in the treatment of this malady. In general, light animal food is what alone agrees with such patients; for there are few, if any vegetables, which do not prove

be dead, seeing he could talk. But still he would have it that he was actually dead. Whereupon the sagacious Doctor exclaimed, "O yes, the gentleman is certaily dead, and it is more than probable, his liver was the death of him. However, to ascertain the fact, I will hasten to cut him open before putrefaction takes place." —And thereupon getting a carving knife, and wheting it as a butcher would to open a dead calf, he stepped up to him and began to open his waistcoat, when the Hypochondriac, horribly frightened, leaped up with the agility of a rabbit, and crying out "Murder! Murder! Murder!" ran off with a speed that would have defied a score of Doctors to catch him. After running a considerable distance, until he was almost exhausted, he halted; and not finding the Doctor at his heels, soon became composed. From that period this gentleman was never known to complain of his liver; nor had he for better than twenty years afterwards any symptom of this disease.

flatulent in their bowels. Acids are particularly injurious. All malt liquors, except porter, are apt to excite too high a fermentation in the stomach; and wines, for the most part, are liable to the same objections. If an exception can be made in favour of any, it is good old Madeira, if it can be obtained, which not only promotes digestion, and invigorates the concoctive powers, but acts, immediately, as a generous and wholesome cordial. The use of spirituous liquors is not to be recommended as a habitual resource, though they may be taken occasionally, in a moderate quantity, diluted with water. Tea and coffee, though hurtful to people with bad digestion, are often useful, however, to the hypochondriac. Moderate exercise we have already observed, is indispensible in the cure of this complaint; and it cannot be taken any way with so much advantage, as in long journies, when convenient, accompanied with such circumstances, as may convert them into an agreeable amusement.

CRAMP.

A PAINFUL spasm of the calf of the leg or muscles of the toes, and sometimes of the stomach.

CAUSES. Sudden stretching of the limbs—advanced pregnancy—acidity—indigestion, &c.

TREATMENT. A cramp of the calf of the leg is best relieved by standing up, which simple act, by throwing the weight of the body on the toes, forcibly extends the muscles, and thus takes off the spasm. If the cramp arises from acidity or indigestion, give every night a pill composed of half a grain of opium, with six grains each, of rhubarb and prepared chalk, and administer ten grains of the rust of steel, morning and noon.

A cramp of the stomach is best treated by an infusion of red pepper, (see *Materia Medica*,) or a large dose of æther or laudanum, accompanied with friction on the part, either by a flesh brush, or flannel. When

these fail, a very copious bleeding will sometimes remove the spasm, after which the patient must be purged.

Persons subject to the cramp in the leg, may prevent it by wearing stockings in bed, and occasionally rubbing the part with camphorated oil. According to vulgar authority, sulphur grasped in the hand, is good to cure, and carried in the pocket to prevent cramp.

TETANY, OR LOCKED JAW.

Symptoms. A rigid and painful contraction of all or several of the muscles. Its first symptoms is a stiffness in the back of the neck, increasing to pain, extending next to the root of the tongue, then shooting into the breast, and lastly seizing the back.

Causes. Wounds of the head, or extremities—and punctures of the slightest kind, as running a splinter under the nail, or into the toe or finger.

It is equally induced from cold or moisture, particularly when sudden vicissitudes prevail, or sleeping on damp ground.

Treatment. Give on the first appearance of this disease, two or three tea-spoonfuls of laudanum or three or four grains of opium, to be repeated every two hours or oftener, with a half pint or more of wine or strong spirits and water, between the doses. These remedies should be increased and carried to the utmost extent, as the symptoms may indicate.

If these should fail to relieve the spasm; give from twenty to thirty drops of the tincture of (see Recipe 56) cantharides every hour, until it produces stranguary or a difficulty of urine. As soon as this occurs, it must be discontinued, and flaxseed or marsh mallow tea, or barley water drank freely, and some of it injected by way of glysters, to which may be occasionally added, a tea-spoonful or two of laudanum.

Cold water poured suddenly on the shoulders, has

sometimes done admirable service, and which may always be looked for, if the patient after being wiped dry and put to bed, feel a kindly glow over the system.—Otherwise the cold bath should be laid aside; and the warm bath in its place, accompanied with diaphoretic medicines, as the anodyne sudorific drops, (see Recipe 17) in larger doses than usual for promoting perspiration. On the decline of the spasm, bark with wine and opiates at bed time should be given until the patient's health is reinstated. (See Tobacco *Materia Medica.*)

In every stage of the disease, it is of importance to keep the bowels open, by the usual stimulating purgatives or glysters.

Tetanus has oftentimes yielded to a salivation.

When local injuries have been the cause of this disorder, the wound should be dilated and filled with common salt, Spanish flies, or turpentine, and afterwards dressed with warm poultices until the wound be brought to a state of good digestion. If a wounded finger or toe be the cause of this horrible malady, it ought instantly to be cut off.

PALPITATION OF THE HEART.

Symptoms. In this disease, the motion of the heart is performed with more rapidity, and generally with greater force than usual; which may not only be felt by the hand, but often he perceived by the eye, and even heard; there is frequently a difficulty of breathing, a purplish hue of the cheeks and lips, and a variety of anxious and painful sensations: it sometimes terminates in sudden death.

Causes. A morbid enlargement of the heart itself, and of the large vessels—organic affections—an hereditary disposition—plethora—debility or a morbid condition of the system—mal-confirmation of the chest, and many of the causes inducing fainting.

Treatment. The exciting causes must be avoided or removed, if they are within our power.

When the disease arises from plethora, and the action of the heart is violent, bleeding is indispensible, which should be followed by a cooling cathartic; and afterwards the tincture of digitalis, in doses from ten to twenty drops thrice a-day, by lessening the action of the arterial system, will effect a cure.

When there is reason to believe this affection is in consequence of debility, the solution of arsenic in its usual doses, taken for some time, is a certain remedy. When the nervous system is affected, small doses of æther or laudanum, will be found very serviceable.

Those who are subject to a palpitation of the heart should carefully avoid violent exercise, irregular passions, and all circumstances that may tend to increase the action of the sanguiferous system.

HICCUP.

Is a spasmodic affection of the diaphragm, and sometimes of the stomach; from the irritation of acidity, poisons, &c.

Treatment. When acidity is pointed out to be the cause, give the absorbent mixture (see Recipe 8) or twenty drops of hartshorn with a tea-spoonful of magnesia in a cup of mint tea, or a spoonful or two of milk and lime water: and to prevent its recurrence, take ten grains of the rust of steel thrice a-day. When occasioned by poisons or improper food, an emetic will be proper.

If the spasm continues violent, resort to small doses of æther or laudanum, or the camphorated julep. (See Recipe 12.) Preserved damsons have been found of excellent use in this complaint, in the quantity of a tea-spoonful every hour, or oftener.

In weak stomachs oppressed with indigestible food, a glass of good wine or spirit and water often relieves. Æther applied externally to the stomach on a soft linen rag with a warm hand to confine it, is a good remedy; so is the application of a blister in obstinate cases. A

sudden alarm has often succeeded in curing this affection, after every other means had failed.

NIGHT MARE.

Symptoms. An alarming oppression or weight about the breast, with dread of suffocation.

Causes. Late and excessive suppers—great fatigue —drunkenness, or sleeping on the back.

Treatment. If the patient be of a plethoric habit, bleed, purge, and use a spare diet. And when the disease is the consequence of debility and weak nerves, the tonic medicines, as steel, bark or columbo, in their usual doses, are proper.

Prevention. The patient should sleep on a hard bed, which invites to frequent changes of sides, eat light suppers, which with due exercise, and cheerfulness during the day, form the best preventive remedies.

ASTHMA.

Is often hereditary. When attended with an expectoration of phlegm, it is termed *moist or humoral;* and when with little or none, *dry* or *nervous* asthma.

Symptoms. It generally attacks at night with a sense of tightness across the breast, and impeded respiration. The person thus taken, if in a horizontal situation, is obliged immediately to get into an erect posture, and solicits a free and cold air. In violent paroxysms, speaking is difficulty and uneasy.

Treatment. On the *first attack* of asthma, bleeding is serviceable, if the pain in the chest, and difficulty of breathing be considerable; but less so afterwards, since the disease has a natural tendency to take off the plethoric state of the system.

When the fit comes on in consequence of a loaded stomach, an emetic will be found serviceable. A cup of strong coffee has oftentimes afforded great relief; and when the disease proceeds from the irritation of mucus, a spoonful or two of vinegar in a glass of cold water is a good remedy.

As in other spasmodic affections, the most powerful antispasmodics, as laudanum and æther, should be resorted to. These may be given conjointly or separately, but in large doses, to allay the violence of the fit, or to prevent its accession. Thus half a tea-spoonful of laudanum, or one of æther, to be repeated in an hour, if necessary, in a glass of cold water, has frequently relieved the symptoms, or when taken at the approach of the fit, have suppressed it altogether. In every stage of this disease, the greatest attention must be paid to keep the bowels open by mild laxatives or glysters.

According to Dr. Cutler, the emetic weed, (see *Materia Medica*) is the most certain remedy in this complaint.

Regimen. A light diet, easily digestible and not flatulent, is always proper for asthmatic persons; and during the fit, cool drinks and fresh air are proper. It will will always be found serviceable to wear a flannel shirt and to keep the feet warm.

Prevention. During the absence of the paroxysm, tonic medicines and the cold bath, together with moderate exercise, will be most efficacious in obviating its recurrence.

HEART-BURN.

Symptoms. A burning sensation about the pit of the stomach, with acid eructations, flatulence, and sometimes retching to vomit.

Causes. A relaxed state of the stomach, generating various acidities and acrimonies from food too long de-

tained. As it is often a symptom of indigestion, the cause may be found under the head of the following chapter.

Treatment. The first indication is to remove the unpleasant sensations existing, which may be done by taking either a small tea-spoonful of salt of tartar, or a table spoonful of magnesia in a glass of mint-water or tea, or a wine-glass full of each, of lime-water and new milk; or a tumbler of mucilage of gum arabic or flax-seed tea taken cold, with a small piece of liquorice ball dissolved in it. But to cure the disease effectually, after an emetic, give ten grains of the rust of steel thrice a-day for some time, and keep the bowels moderately open with magnesia or the root of rhubarb chewed occasionally, or the tincture of it, (see Recipe 52,) taken in small doses. If acrid bile be the cause of heart-burn, a tea-spoonful of the spirits of nitre in a glass of the infusion of columbo gives ease, and combined with elixir vitriol, in their usual doses, ensures the cure.

In this disease, great benefit has been experienced and sometimes a complete cure effected, by the application of a blister to the pit of the stomach. To render it the more efficacious, the blister should be kept running for at least a week.

Regimen. The diet of those who are subject to this complaint, should consist chiefly of animal food; and all fermented or acid liquors and greasy aliment, must be strictly avoided. A glass of brandy, or gin and water, after dinner is the best beverage. Moderate exercise is particularly beneficial.

INDIGESTION, OR WEAKNESS OF THE STOMACH.

Symptoms. Want of appetite—nausea—sometimes vomiting—heart-burn—costiveness—distentions of the stomach, particularly upon taking a small quantity of food—frequent risings into the throat of a sharp acid liquor, and eructations of imperfectly digested matter.

Causes. Errors and irregularities in the mode of living—cold and moisture—intense study—depressing passions—and abuse of tobacco, opium or spirits.

Treatment. If the patient complain of oppressed stomach, with nausea, give a vomit of ipecacuanha; and afterwards the columbo in substance or tincture, in a glass of strong mint-water, three or four times a-day, now and then interposing a dose of the tincture of rhubarb, (see Recipe 52,) to prevent costiveness. A mixture of mustard seed with the columbo is of great utility, particularly when acidity and flatulence prevail; as also lime-water in doses of a wine-glass full thrice a-day.

If the disease, as is too often the case, has been brought on by hard drinking, its only radical cure is to be found in temperance, cordial nourishment, exercise and the use of elixir vitriol with bark, or the tonic powder or pills (See Recipe 4 & 23.)

When the patient complains of a pain in the stomach, resort to the remedies for heart-burn, and use friction with a flesh brush or flannel over the part. Should this fail, give a dose of æther or laudanum; and in case of costiveness, administer an injection. This treatment will generally palliate the pain, after which endeavour to restore the tone of the stomach by tonic medicines, as bark, columbo, steel, &c.

The costiveness peculiar to persons in this complaint, must be removed by medicines which gently solicit the intestines to a more regular discharge of their contents; and this effect is best obtained by flour of sulphur, magnesia, or rhubarb chewed every day; and only the saliva swallowed. Strong purgatives are unfit to correct habits of costiveness, as they weaken the action of the intestines, and thereby increase the complaint when the evacuation is over.

But nothing can so effectually obviate this affection, as a constant custom most sacredly observed, of going every morning to the privy, although you have not a natural inclination.

Should indigestion arise from a deficiency of bile, give

morning and noon about twenty grains of ox gall, or the same quantity of columbo, when the former cannot be obtained.

In some cases, particularly of old age, the digestion is injured by putrid matter, from decayed teeth, constantly mixed with the saliva; and thence affecting the organs of taste, and destroying the appetite. To correct this, wash the mouth frequently with a solution of alum or lime water, or which is preferable, with fine charcoal powder, (see Receipe 5) diffused in warm water.

Regimen. The diet should consist chiefly of animal food well chewed, and taken in small quantities, followed with a glass of brandy and water, or good wine.—Frequent friction with a flesh brush or flannel over the region of the stomach and belly will be found exceedingly beneficial.

After taking a puke, we have known a milk diet, persevered in for several weeks, effectually cure indigestion. This article, almost always offends the stomach at first; but, by continuance, becomes agreeable to it, and effects a cure. The milk should be new, and free from acidity.

Early rising and moderate exercise in the morning air can hardly be enough recommended, inasmuch as they contribute so happily to restore the tone of the stomach, as also of the whole system.

It is impossible to furnish a plan of regimen adapted to every constitution and habit, but if the patient will but pay due attention to what benefits, and what injures him, wisely regulating his mode of living by the information thus obtained, his present maladies will soon disappear, and their future recurrence be for ever inhibited.

COLIC.

Symptoms. A violent pain in the bowels originating from constriction, attended with costiveness and sometimes vomiting. The pain is commonly seated about the

navel, and resembles various sensations, as of burning, twisting, boring, or a ligature drawn very tight across the intestines.

It comes on without fever, but which soon follows, especially if inflammation take place in the intestine affected, and then all the symptoms become greatly aggravated.

CAUSES. Flatulence—indigestible aliment taken into the stomach—acrid bile—hardened fæces—costiveness—worms—drinking too freely of acids—intermittents improperly cured—sudden check of perspiration—and the application of poisons, such as lead, &c. &c.

TREATMENT. When the disease evidently arises from wind (as may be known by a rumbling in the bowels, by pressure on the belly, or by the ease experienced from a discharge of it, or by the patient's lying on the belly,) a glass of brandy, gin, strong mint-water, or tea made of ginger or calimus, will generally give relief. But it is only in colic from wind that these hot spirituous and carminative substances are to be used, for in all other cases they do great harm, and often destroy life.

Where the pain is fixed and acute, bleeding is advisable, particularly in full habits, to prevent inflammation. Next the action of the intestines must be excited by brisk purgatives, such as castor oil, calomel and jalap, or salts, senna and manna, aided by stimulating glysters. If these means prove inefficacious, immediate recourse must be had to the warm bath, in which the patient should remain as long as he can bear it.—Where a bathing vessel cannot be procured, flannels wrung out of hot water should be frequently applied over the belly as warm as can be endured. Tobacco glysters, two drachms of the leaves in a decoction, may be administered; and when the pain continues obstinate, a large blister ought to be applied over the belly.

If the above remedies prove ineffectual, opium and calomel in large doses should be employed. To their exceeding utility in obstinate colic, I can subscribe,

from numberless successful experiments, made by myself.*

Eminent modern physicians advise, that when all other means are despaired of, the patient should be placed erect on the floor, and a pail of cold water thrown on his feet and legs; this, though apparently a droll remedy, yet certainly deserves to be tried in desperate cases, especially as we are assured from the best authority, that it has often succeeded: it acts, as is said, by occasioning an immediate evacuation of the bowels.

For the vomiting which often occurs in this disease, common garden mint, peppermint, (see *Materia Medica*) or any other spices boiled in wine or spirits, and flannels wrung out of it, and laid hot on the pit of the stomach, are excellent, especially if a little laudanum be added. If acrid bile be thrown up, the saline mixture, or infusion of columbo should be given; and when vomit-

* How I came in possession of this admirable secret, both justice and gratitude require that I should explain.

In the year 1801, I spent several weeks in Georgetown, Columbia district. While there, I was requested to visit a Mr. James Turner, who had long been indisposed with the ague and fever; but then suffering under a severe attack of the colic, accompanied with most obstinate costiveness. For three or four days the best aperients, as calomel, castor oil, salts, senna and manna, and injections, with the warm bath, and blisters, were used, but without effect.——Being much alarmed about his situation, I stated the case to my very excellent friend, the ingenious and learned Doctor John Weems, who advised the immediate use of six grains of opium, with twenty of calomel in a bolus; and one third of that dose every two hours afterwards, if the first failed to operate. I expressed my fears that so large a dose of opium might do harm. "No, sir," replied he, "'tis small does that do harm; give large doses, large enough to take off the spasms, and you save the patient."

I still retained my repugnance; however, recollecting his great medical attainments, and the desperate case of my patient, I acceded to his advice, and scarcely was the second dose swallowed, before it began to operate like a charm. The spasm was taken off the intestines—copious fœtid evacuations succeeded, and our patient was presently restored.

This is but one of many extraordinary cures performed by Doctor John Weems. The citizens of Georgetown and Washington, will long lament the early fate of this gentlemen, of whom for ardent friendship, and medical sagacity, I can truly say—his equal I have *seldom* seen, his superior *never*.

ing is attended with cold extremities, a blister to the back often relieves this symptom.

Vomiting, in this disease, is also frequently removed by a blister on the pit of the stomach.

REGIMEN. Evacuations being once produced, mucilaginous drinks and light diet should be strictly adhered to; and the bowels kept moderately open by mild purgatives, giving opiates at bed-time if necessary, until the soreness and distention of the belly go off; and no hardened fæces appear in the stool.

When recovered, the patient should cautiously avoid whatever may lead to a relapse, especially acid and flatulent food, costiveness, and taking cold.

CHOLERA MORBUS, OR VOMITING AND PURGING.

CAUSES. It is generally occasioned by a redundancy and acrimony of the bile—indigestible food or such as becomes rancid or acid on the stomach—poisons—strong acrid purges or vomits—passions of the mind, or a sudden check of perspiration.

TREATMENT. Endeavour as early as possible to expel the acrimonious matter which affects the alimentary canal, by large and repeated draughts of chicken water, beef tea, barley or rice water, or thin gruel, &c. which should also be given freely in glysters. After having cleansed the stomach and intestines, give a tea-spoonfull of æther, or thirty or forty drops of laudanum, in mint-water or tea, and repeat the dose every hour or oftener, as the frequency of the evacuations or the urgency of the pain may require.

If the laudanum be rejected from the stomach, give opium in pills of half a grain, repeated every half hour, or every hour, at farthest, until the disease be checked.

In general, this mode of treatment is sufficient; but if the patient be of a plethoric habit, he ought to lose blood immediately; and in case the pain continues violent, be placed in the warm bath; should the bathing vessel not

be at hand, peppermint stewed in spirits, or cloths wrung out of hot spirits or decoctions of camomile, hops, or lavender, ought to be applied to the stomach and belly, and often renewed.

If acrid bile be the cause of this complaint, the infusion of columbo (see Recipe 39,) must be given every half hour or oftener, in large doses; and in case of great heat, a small quantity of nitre in the patient's drink, will be proper.

When the disease originates from food, either very acid or putrid, besides plentiful dilution with the above drinks, give castor oil, salts or rhubarb; and if from poisons swallowed, the patient should drink largely of pure sweet oil, melted butter, or mucilaginous drinks, with small portions of salt of tartar.

Regimen. As no disease more suddenly weakens the patient, he should take freely of a light but cordial and nourishing diet, occasionally assisting his appetite, if deficient, with elixir vitriol, tincture of bark, or infusion of columbo. If he cannot sleep well, an opiate at bed-time may be taken, until his strength and spirits return.

DIARRHŒA, OR LOOSENESS.

Symptoms. A purging without sickness or pain, succeeded by loss of appetite.

Causes. Acid or putrid aliments—obstructed perspiration—acrid bile—drinking bad water—worms—violent passions, or a translation of morbid matter of other diseases to the bowels.

Treatment. If offending matter be lodged in the stomach, give an emetic, and opiate at bed time; and on the succeeding day if the disease is not removed, a dose of rhubarb or castor oil, followed by forty drops of laudanum at night.

If the disease be in consequence of cold, and the skin be dry, the ntimonial mixture see (Recipe 6) exhibited in small doses during the day, and the anodyne su-

dorific bolus or draught (see Recipe 20 & 18,) repeated at bed-time, with a flannel shirt, will generally effect a cure.

When bile is indicated to be the cause, the columbo in decoction or powder, will be found admirable; and if accompanied with sour and debilitated stomach, the tonic powders or pills, (see Recipe 4 & 23) with exercise, are the best remedies. Where bad water is in fault, it should instantly be changed or corrected by wine, brandy, or porter; remembering that in all cases of continued evacuation, laudanum may be given at night after the stomach and bowels have been cleared.

When worms induce this disease, which may be known from the sliminess of the stools, and bad breath, such medicines as are calculated to destroy them must be employed. Afterwards a wine-glass full of lime-water, with an equal quantity of new milk, will be proper three times a-day.

In obstinate cases, no medicine is superior to the continued use of the vitriolic solution (see Recipe 7) with an opiate at bed-time. The nausea which this medicine produces is very disgusting, but from that circumstance much of its efficacy is derived. Should a common dose fail to nauseate, it should be increased until that symptom is effected.

The blackberry, (see *Materia Medica*,) conjoined with a small portion of cinnamon, ginger, calamus, or some aromatic, is also a valuable remedy.

Regimen. The diet should consist of arrow root, sago, rice milk, and the white meats. The drinks may be of the diluting kind, as already enumerated;—genuine wine may also be allowed, if it does not turn sour on the stomach. Moderate exercise is peculiarly useful, and nothing facilitates the cure more than flannel next the skin.*

* This was the "Angel in disguise," that opened the prison doors of this uneasy life, and gave happy freedom to my ever-revered father, Colonel Jesse Ewell, of Virginia. My sister Charlotte celebrated his virtues in an Elegy, the following extracts from

DROPSY.

A collection of water, in some part of the body.

SYMPTOMS. In common dropsies, the legs usually swell, and a pit remains for some time after pressing the flesh—the appetite abates—the face is bloated—urine little—thirst great; with slow fever, shortness of breath, and lassitude.

CAUSES. Excessive drinking—poor diet—protracted

which I beg permission of the reader to insert, as a small tribute of gratitude to the best of parents, and but a faint portraiture of his worth.

"Early he woo'd FAIR VIRTUE for his guide,
And rarely wander'd from her guardian side;
By him the needy never were denied,
He sooth'd their sorrows, and their wants supplied.
He mourn'd the contests of the neighbouring poor,
And open'd wide his peace-restoring door;
Where soon his wisdom taught their strifes to cease,
Reviv'd their loves, and sent them home in peace.
The slaves whom Heav'n to his care consign'd,
Ne'er felt the terrors of a slavish mind;
Well fed, warm clad, to moderate labours prest,
They lov'd their fetters, and their bondage blest.
As FRIEND—as FATHER—who his praise can tell?
Where first begin, or with due raptures swell?
To check our wrong, his frowns were ever light,
And sweet his smiles whene'er we chose the right.
And when at length the awful hour drew nigh,
To waft his spirit to its native sky,
Such in that moment as in all the past,
"Oh bless my children, Heav'n!" was still his last.
Now scap'd from earth, with God he dwells above,
And shares with angels in their feasts of love.
Then come, BLEST FAITH, come hasten to my aid,
Lest grief profane disturb his happy shade;
Teach me to bow submissive—and adore,
Th' unerring counsels of eternal power,
Which gives in love, or still in love denies,
And makes e'en "crosses, blessings in disguise."
And thou, fond MEMORY, still my sire recall,
Record his VIRTUES, imitate them all—
That joys like his my mortal life may prove,
And peace eternal crown my state above."

intermittents—scirrhous tumours of the abdominal viscera, but particularly of the liver; and in fine, whatever may occasion too free a secretion of the serous fluids in the cellular membrane, or any cavity of the body, and at the same time diminish the action of the absorbent vessels.

Treatment. Like other diseases, the treatment must vary according to circumstances. In every form of dropsy, if there be a hard, full and quick pulse, blood-letting constitutes one of the principal remedies, and must be repeated once or twice a week, until the action of the arterial system is considerably diminished.

Brisk purges, as calomel and jalap in full doses, are indispensable, and ought always to succeed bleeding, and be given as often as the patient's strength will admit, followed by the anodyne sudorific bolus or draught at bed-time. (See Recipe 20 & 18.) While feverish symptoms continue, nitre is extremely useful in this disease, in doses of ten grains four or five times a-day, or in such quantities as the stomach may bear; but should never be continued longer than two weeks, if no good effects result from its use. Another valuable medicine for lessening the action of the pulse, and thereby increasing absorption, is the fox-glove, (see *Materia Medica*,) which may be given in powder, decoction or tincture. The latter is the most convenient form; and in doses of twenty or thirty drops in a wine-glass of mint water, may be taken twice or thrice a-day, until the water is removed, or the inflammatory disposition taken off. If this quantity do not induce sickness, or produce any evident good effect, the dose must be gradually increased to forty or sixty drops or farther.

Cream of tartar, from half an ounce to an ounce dissolved in a pint or more of water, is a pleasant and useful drink, and this taken early in the morning has frequently succeeded in evacuating the water.

As soon as the action of the pulse becomes lessened, it is necessary to strengthen the system and increase the digestive powers, by the exhibition of steel alone, or the

tonic powders, pills or drops (Recipe 4, 23 & 19) thrice a-day, during the intervals of purging. In weak habits, accompanied with obstruction of the viscera and feeble pulse, stimulating medicines, as calomel in small doses to excite ptyalism; and afterwards tonic medicines, with a generous diet, form the most valuable remedy. The juice of leeks in doses of a spoonful twice a-day is said to have performed surprising cures; at any rate, in this state of the disease the patient can hardly make too free a use of the acrid stimulating vegetables, as garlic, onions, &c.

Tight bandages applied in the morning round the belly and limbs, have their good effects in preventing the increase or return of dropsical swelling. Friction with a flesh brush or flannel every morning from the extremities upwards, is of the greatest service; particularly if the skin be previously moistened with the volatile liniment, composed of equal parts of soap, spirit and vinegar.

Regimen. During the inflammatory disposition, or when there is a preternatural heat on the skin, or much action in the pulse, the diet should be light and easy of digestion. In the other state, when the patient is weak and feeble, it should be of the most nourishing kind, with a liberal use of wine. Exercise is of the greatest importance when not carried to fatigue. In the lowest stage of the disease, swinging or riding in a carriage are most proper; but as soon as the patient's strength will admit of it, riding on horseback will be found most beneficial.

GOUT

Is often hereditary, but generally indolence and luxury are the hated parents of this disease, which righteous heaven has marked with such severity, that, like the leprosy of Naama, it is hardly ever curable.*

* An English nobleman, after twenty years of riotous living,

But though art has not often succeeded to cure the gout, yet it has discovered a variety of means to shorten the fits, and render them much more tolerable.

Symptoms. The gout mostly affects the joints, but the viscera are not exempt from its ravages. It sometimes comes on suddenly, passing from one part of the body to the other, in the twinkling of an eye; but generally is preceded by indigestion, flatulency, loss of appetite, unusual coldness of the feet and legs, with frequent numbness, sense of pricking, and cramp. These symptoms take place several days before the paroxysm comes on, but commonly the day preceding it, the appetite becomes greater than usual. The next morning, the patient is roused from his sleep, by an excruciating pain in the great toe, or ball of the foot, resembling the gnawing of a little dog.

Treatment. No matter what part of the body this disease first seizes, the lancet will be required in every case where there is an increased action of the pulse, to take off the inflammatory disposition. The extent to which the blood-letting must be carried, can only be ascertained by the violence of the disease, and the sex and constitution of the patient. In this, as in all inflammatory fevers, the bowels ought to be kept open freely by laxative medicines, as castor oil, sulphur, cream of tartar, rhubarb, senna, jalap, or calomel. Indeed a fit of the gout may be oftentimes entirely, and almost instan-

awoke one morning in the torments of the gout. As he lay writhing with pain, his servant ran up stairs to him with great joy in his countenance: "O! sir, good news! good news! there is a famous gout doctor below, who says he will venture his ears, he can cure your honour in a week." "Ah! that is good news indeed, Tom; well, run my good boy, and put up his carriage and horses, and treat the doctor like a prince." "O sir, the gentleman has no carriage and horses; I believe he walked a foot!" "Walk a foot! what! cure the gout and walk a foot! go down Tom, go down, and instantly drive the rascal out of the house; set the dogs upon him, do you hear? the lying varlet! why if he could cure the gout he might ride in a richer carriage than his majesty."

taneously removed by active purging. Even drastic purges need not be dreaded in this disease.

Nitre with diluting liquors, given in such quantities as to excite a gentle perspiration, are of great utility in the inflammatory stage of the disease. After the action of the pulse is somewhat reduced by evacuations, blisters over the pained parts are greatly to be relied on.

As soon as the inflammatory state of the gout has subsided, stimulants and tonic medicines, as bark and steel, are the best remedies. Laudanum, æther, good French brandy and aromatics, as calamus, ginger, Virginia snake-root, and red pepper, (see *Materia Medica*) in the form of teas, are all exceedingly useful in this feeble state of the disease, especially when it affects the stomach or bowels. Besides these internal remedies, frictions on the stomach and bowels, or the application of cloths wrung out of hot spirits or water, over the pained parts, and sinapisms to the feet, should be employed, whenever the gout attacks the head, lungs, bowels or stomach.

Gentlemen long in the habits of intimacy with this disease, should remember that it is of immense rudeness, and ready on the slightest provocation to quit the toes and knuckles, and seize on the very stomach and bowels of its best friends. They should therefore be constantly on their guard, and keep always by them a vial of æther or laudanum, or a case of good old French brandy;* the latter of which is admirable for chasing the gout from the stomach.

* For lack of this ammunition, the gallant Wayne was cut off long before "his eye was dim, or his natural heat abated." Late in December, 1796, he embarked at Detroit for Presque Isle, but not without his usual supply of brandy, which however, was all lost, through his servant's carelessness in upsetting his case. On the passage he caught cold, which brought on a violent attack of the gout in the stomach; and, for want of his usual remedy, he suffered the most excruciating torture until he reached Presque Isle, where he died early in January, 1797. His body was deposited in the centre of the fort, to show the children of future days, the grave of him who so bravely defended their liberties. Filial piety has since removed it to his native state, where it now sleeps with the dust of his fathers. I am

The white hellebore (see *Materia Medica*,) is highly extolled as a remedy in this distressing disease.

Regimen. The diet should be regulated according to the state of the patient. If feverish, and of a plethoric habit, the lightest diet ought to be used. If debilitated and of a relaxed habit, generous diet should be allowed. Exercise, although painful at first, must be freely taken.

Prevention. If the person be plethoric, and has been accustomed to drink freely of wine, and eat heartily, he should gradually diminish the quantity of the aliment; particularly every spring and fall, as the disease is more liable to recur at those seasons than at any other time. But in debilitating habits predisposed to the gout, a stimulating diet is most proper, assisted with the use of the rust of steel, bitters or bark. In every case, costiveness should be avoided; and flannel worn next to the skin is peculiarly proper. Nothing, however, prevents the disease, more than temperance and exercise.*

I am happy to acknowledge, that for this anecdote, I am indebted to the politeness of my worthy friend Captain Hugh M'Call, of Savannah.

* The story of the wealthy Mr. Palmer in the reign of George I. though well known to many, is yet so apropos to our subject, that I cannot deny myself the wish to relate it. Young Mr. Palmer received from his father, what the London merchants call a plumb, (i. e.) a round 100,000l. of which he contrived to make such "good use." that by the time he was forty years of age, he was torn to pieces by the gout. His physicians advised him to try the virtues of a sea voyage with the soft balmy air of Montpelier. He set out, but on his passage up the Mediterranean, was captured by an Algerine corsair, who took him to Morocco, and sold him for a slave. He was bought by a farmer, who carried him into the country, and set him to hard labour, allowing him nothing better than brown bread and dates, and even of that hardly enough to support him. His only drink was water, and his only bed a plank. In a few weeks every gouty symptom disappeared, and he recovered his health, with an uncommon portion of activity.

These first of blessings continued with him all the time he was in captivity, (two years,) at the expiration of which, he was ran-

VENEREAL DISEASE.

The venereal disease is of two species: the one, a local affection of the genital organs, termed Gonorrhœa, or Clap; and the other, a general or constitutional complaint, termed Syphilis, or Pox.

THE GONORRHŒA,

Of which we shall first treat, is an inflammation of the mucous membrane, lining the urethra in men, and the vagina in women; seated in the male about the frænum of the penis, and in the female a small distance up the vagina; but in its progress communicating to all the surrounding parts, and producing a variety of painful sensations.

Symptoms. A discharge of mucus, at first white, but soon turning of a yellow or greenish appearance—an acute or scalding pain in making water, with most *indecent* erections of the penis, termed chordee, very painful, and sometimes followed by a discharge of blood.—At times the inflammation spreads to the contiguous parts, occasioning strangury, swelled testicle, swelling in the groins similar to buboes, or a contraction and thickening of the fore-skin; which when drawn over the head or nut of the yard, is termed phymosis, and paraphymosis when retracted behind it.

When these symptoms *dance* their attendance to the catastrophe, the clap may be said to *flourish* in its full bloom, and the patient finds himself fairly seated on the stool of repentance.

somed by his friends.—On his return to England, he was hardly known by his acquaintances, so great was the change which temperance and exercise had wrought upon him.——But alas! for the lack of fortitude, he soon relapsed into his old passion for the rich dishes, flowing glasses, and soft couches of epicurism. His system soon became bloated and relaxed; and his ancient foe, the gout, returned, and killed him in a short time.

The appearance of a clap in the female, is pretty much the same as in the male, allowing for the difference of the parts. The disease in them is always milder, insomuch, that at times there is no other symptom but the discharge, which is often mistaken for the fluor albus.—They are, however, more subject to excoriations of the parts, than the men; and indeed, when the inflammation is considerable, it often extends to the urethra, and occasions great pain.

Treatment. As the disease is local, topical applications in the form of injections become necessary. The patient should therefore without delay employ one of the injections, (see Recipe 44 & 45,) which in irritable habits, may be a little weakened, and the strength gradually increased as the inflammation abates. Indeed, when the inflammation is very considerable, it is better at first, to inject with sweet oil or mucilage of sassafras; (*see Materia Medica*) and in such cases, the testicles ought to be suspended by a bandage, and the antiphlogistic regimen strictly adhered to, particularly in taking freely of mucilaginous drinks; as flaxseed tea, barley water, or the mucilage of gum arabic, and obviating costiveness, by small and repeated doses of cream tartar.—Whichsoever of the injections is used, it must be thrown up the urethra six or eight times a-day, immediately after making water, and with a syringe that works easily, that it may not hurt or inflame the parts.

For the chordee, which occurs mostly in the night, give a dose of laudanum at bed-time, and rub the *guilty* member well night and morning, with mercurial ointment, or the camphorated liniment. Should a hemorrhage supervene, it may be removed by rest, and immersing the part often with cold vinegar and water, or lead water, of the ordinary strength, of which the patient may throw a little up.

When the inflammatory symptoms of gonorrhœa increase to a violent degree, a swelling or inflammation of one or both testicles sometimes supervenes. The same consequence is often produced by astringent injections

imprudently exhibited. In such cases the general remedies for allaying inflammation, as blood-letting, cooling cathartics, diluent drinks with small portions of nitre dissolved in them, become necessary. Besides which, the testicles must be suspended by a bandage, and kept constantly moistened with cloths wrung out of lead water, or cold vinegar and water, often renewed. The swelling of the glands in the groins, and of the spermatic chord itself, require a similar treatment; which will also succeed in reducing the contraction or thickening of the fore-skin, should that symptom occur.

In addition to this general treatment, when the penis is affected, it must be soaked every hour in warm milk and water or soap-suds, which should often be injected between the skin and the glands, to prevent the stagnation of matter, whose extreme acrimony might otherwise produce a mortification of the parts. In these affections, a horizontal posture, and spare diet, are particularly enjoined.

In case of much pain with little or no fever, an opiate may be given at bed-time. And if hardness remain after the pain, the patient should have mercurial ointment rubbed on the part, night and morning, and take freely of a strong decoction of sarsaparilla. But if a swelling without hardness, follow, one or two vomits, succeeded by tonic medicines, with the use of the cold bath, will generally cure.

Such are the principal symptoms, which attend gonorrhœa. Its consequences, which induce a new state of disease, after the original affection is removed, are no less important.

GLEET.

This is known by a constant discharge of mucous matter, after the inflammatory symptoms have subsided; occasioned by the relaxation of the mucous glands, or stricture in the urethra. A discharge of this kind may also be occasioned by hard drinking, violent exercise, or straining.

Treatment. The cure of this affection depends on the use of uva ursi (see *Materia Medica*) or balsam capivi, in the dose of from twenty to thirty drops, thrice a day; or tonic medicines, as bark, steel, or columbo, with the cold bath, and a nutritious diet. Besides which, an astringent injection, prepared by dissolving twenty or thirty grains of alum in half a pint of water, may be injected up the urethra, twice or thrice a day. If a stricture be the cause, the introduction of a bougie is the only remedy.

SEMINAL WEAKNESS,

Is another consequence of clap, when there has been frequent returns of it, and is known by an involuntary discharge of the semen. At the beginning of the disease there is a great inclination to erections, and the emission of the semen is attended with pleasure; but gradually the penis becomes lame, the testicles hang lower than usual, and unless they are otherwise suspended, become almost a burden to the possessor.

Although *veterans* in the wars of Venus, are most liable to be complimented with this kind of gleet, yet it may originate from other causes, as self-pollution, a sudden lift or strain, hot glysters, straining to stool, or the imprudent use of strong diuretics. Let the cause, however, be what it will, there is no drain which steals away the quintessence of life and strength more rapidly.

Treatment. If the emission takes place on the slightest irritation, as heat, wine, &c. and is attended with some degree of spasm, it is a sign the patient is in a very *rampant* state, and can hardly get him a wife too soon. But if it oozes away insensibly, cold bathing, and tonic medicines, as bark, steel, or balsam capivi in the usual doses, with a generous diet, are the best remedies. Costiveness should be carefully avoided.

OBSTRUCTION OF URINE,

Is another formidable symptom, which sometimes succeeds gonorrhœa. It is produced by certain changes

of the passage, from tumours seated high up in the urethra, or contraction of the urinary canal.

TREATMENT. When this affection arises from tumours, a cure may be attempted, by the use of the mercurial pills, (see Recipe 25,) night and morning, and a decoction of sarsaparilla, or mezereon; but it is often incurable.

When spasmodic constriction of the passage is the cause, it will be removed by the warm bath or fomentations. The penis may also be rubbed with camphorated oil, (see Recipe 65) or equal parts of æther and laudanum. If this fail to take off the spasm, bleed, and give laudanum in large doses.

POX,

Is the venereal disease in its confirmed state, manifested by chancres, buboes, or warts about the genitals. To these succeed ulcers in the throat, nose and tongue, blotches on various parts of the body, with nocturnal pains, especially in the shin bones, and shoulders.

The system is now filled with the horrid poison, which, unless mercifully arrested, will soon ulcerate the eyes, consume the nose, contract the body, and convert the loveliest form into such a mass of corruption, such a dunghill of stench, such a picture of ghastliness, as is sufficient to strike the guilty person with terror.

A pallid youth, beneath a shade,
A melancholy scene display'd;
His mangled face, and loathsome stains,
Proclaim'd the poison in his veins;
He raised his eyes, he smote his breast,
He wept aloud, and thus addressed:

"*Forbear the harlot's false embrace,*
Though lewdness wear an angel's face:
Be wise by my experience taught;
I die, alas! for want of thought."

COTTON.

ELEGY.

"Weep o'er the miseries of a wretched maid,
Who sacrific'd to man her health and fame;
Whose love, and truth, and trust, were all repaid,
By want and woe, disease and endless shame.

Curse not the poor lost wretch, who ev'ry ill
That proud unfeeling man can heap, sustains;
Sure she enough is curst, o'er whom his will
Inflam'd by brutal passion, boundless reigns.

Spurn not my fainting body from your door,
Here let me rest my weary weeping head;
No greater mercy would my wants implore;
My sorrows soon shall lay me with the dead.

Who now beholds, but loaths my faded face,
So wan and sallow, chang'd with sin and care?
Or who can any former beauty trace,
In eyes so sunk with famine and despair?

That I was virtuous once, and beauteous too,
And free from envious tongues my spotless fame:
These but torment, these but my tears renew,
These aggravate my present guilt and shame.

Where were my virgin honours, virgin charms?
Oh! whither fled the pride I once maintain'd?
Or where the youths that woo'd me to their arms?
Or where the triumphs, which my beauty gain'd?

Ah! say, insidious Demon! Monster! where?
What glory hast thou gain'd by my defeat?
Behold the miseries I am doom'd to bear,
Such as have brought me to my winding sheet."

TREATMENT. Happily for mankind, the Governor of the world, is "*a father who pitieth his children*," and

afflicts them, not to kill, but to cure. In mercy he has appointed a medicine for this dreadful malady. A medicine, which, when taken in sufficient quantity, quickly flies to all parts of the system, attacks the disease at every post, drives it from gland to gland, and with a fidelity and courage truly admirable, never gives it rest until it has completely expelled it from the body, and restored the patient to former health and vigour. This wonderful medicine is MERCURY, which requires only to be so managed as to obtain full possession of the system; not exceeding it by salivation, nor falling short of it by untimely purging. To hit this desirable point, let one of the mercurial pills (see Recipe 25), be given night and morning, until the system is fully charged with the medicine, which may be known by a slight soreness of the mouth and gums, and fœtid breath. This fortunate state of things, carefully supported a few weeks, will remove the disease.

If the mercury affects the bowels, lessen the dose, or give it at longer intervals, or use the mercurial ointment; and if there is an increased secretion of the salivary glands, we should omit the mercury for a few days, and take a tea-spoonful of flour of sulphur, in a glass of milk or flaxseed tea, night and morning.

In this way the disease may generally be cured in a short time. It will always be prudent, to continue the mercury in small doses for ten or twelve days after the total disappearance of all the symptoms.

There are cases, however, where mercury will not answer; as in scrophulous habits, and when the blood is vitiated. In these, the nitric acid should be preferred, and from one to two drachms of it, diluted, (see Recipe 16,) may be taken in the day. This medicine seems especially adapted to cases where the habit of body is much debilitated, from the long continuance of the disease, or where it has acquired great irritability from an incautious use of mercury. It is also a sovereign cure of spongy gums, eruptions, ulcers, nocturnal pains, and all the train of consequences, usually attendant on this disease, when of long standing and imperfectly cured.

In the treatment, therefore, of venereal patients, too much attention cannot be paid to mark the peculiarities of habit; and we should always remember, that, when unfavourable appearances supervene from the use of mercury, other medicines, as the nitric acid, or tar water, (see Recipe 16 & 32) or decoctions of prickly ash, mezereon, lobelia, sarsaparilla, shumach, or poke bounce. (See *Materia Medica.*)

In this disease, there are certain symptoms which require local treatment. Thus, a chancre, which is a small red pimple, terminating in ulcer, with hard edges, and generally situated on some part of the prepuce or the fore-skin of the penis, is best removed by the application of caustic; or, if recent, washing with spirits or brandy, or a solution of kali, (see Recipe 30,) and applying dry lint to the sore, with cleanliness, will generally prove sufficient.

When a bubo supervenes, which is known by pain and swelling in the groin, every attempt should be made to disperse it by rubbing in mercurial ointment on the inside of the thigh or calf of the leg; and the application of cloths wrung out of lead water, or ice, if it can be procured, to the swelling, renewed, as often as they become warm.

Besides which, the patient should be kept still, the bowels open, and the pain alleviated by the use of opiates at bed-time.

When a tendency to suppuration is discovered, instead of the former plan, warm poultices of flaxseed, milk and bread, or mush and fat, must be applied and renewed three or four times a day, until the tumour breaks. After which, one or two poultices may be continued, to accelerate the discharge of matter, for a day or two, when the sore must be kept clean with soapsuds, and dressed night and morning with basilicon, spread on lint, until the matter is mostly discharged.—The sore should then be dressed with lint dipt in a solution of kali, (see Recipe 30) once or twice in twenty-four hours, as may be indicated by the discharge of matter; and lastly, when there is no appearance of proud

flesh, it may be healed with Turner's cerate, or any healing ointment.

Warts are a frequent affection of the penis, and sometimes remain after the venereal virus is expelled. In which case they may be removed by ligatures, or the application of caustic.

Regimen. There is hardly any thing of more importance in the cure of this disease, than a proper regimen. Inattention to this, not only procrastinates the cure, but often endangers the patient's life. In full habits, the diet should always be light and cooling. Exercise should never be carried to excess, and the patient should wear flannel on using any preparation of mercury. Cleanliness is of too much importance ever to be neglected. As soon as the disease makes its appearance, the infected part should be frequently washed in milk and water, or soap-suds; and if from a neglect of cleanliness, venereal ulcers appear, the sores must be well cleansed, and dressed with dry lint, night and morning. In obstinate cases the lint should be dipt in the solution of kali.

When the patient is in delicate health, or much reduced, a nourishing diet, with wine, bark, and other tonic medicines, are proper, with pure country air.

Prevention. After a suspicious connection, it becomes a prudent man to discharge his urine, as soon as possible, and wash well his *polluted* member, by drawing forward the fore-skin, and closing the end with his finger, that it may be distended, and retain for a few seconds the urine. The glans and penis should then be well washed with strong soap-suds or grog.

In women, besides cleansing the external parts, some portion of the wash should be injected up the vagina, by means of a female syringe.

SCURVY.

Symptoms. An unusually weakened state of the body—pale and bloated countenance—the breathing affected on the slightest exertion—the gums soft, swollen, and inclined to bleed on being rubbed, and sometimes putrid ulcers are formed—the teeth become loose—the breath fœtid—and the urine high coloured. The heart is subject to palpitation—the lower extremities to dropsical swellings—the body to pains of a pleuritic or rheumatic kind—besides which, blotches and ulcers break out in different parts of the skin, and often terminate in mortification.

Causes. Cold moist air—vitiated or scanty diet—an indolent life, with luxurious indulgencies—corrupted water or provisions—and whatever may weaken the body, or vitiate the humours.

Treatment. Raw and fresh vegetables of every description, particularly those of an acid kind; and fruits, such as lemons, limes, oranges, sorrel, &c. (see *Materia Medica*,) furnish the most effectual remedies. But as these are not at all times to be obtained, common vinegar, or nitrous vinegar, used freely, will completely answer the end. The nitrous vinegar is prepared by dissolving three or four ounces of nitre or saltpetre, in one quart of good vinegar; and of this solution, from one to two spoonfuls may be taken three or four times a day, according to the advanced stage of the disease; and as frequently some of it may be used in bathing the limbs, where they are either stiffened, swelled, blotched, or ulcerated. Soda water, or nitric acid (see Recipe 16,) will be found a useful auxiliary, when the disease is inveterate.

The belly most frequently will be kept open by this medicine, and when it is not, the exhibition of cream of tartar, or tamarinds, will be highly beneficial. When the gums are enlarged, ulcerated and fœtid, the mouth should be frequently washed with a decoction of bark,

in which a little alum is dissolved, and the gums rubbed with a powder composed of equal parts of finely pulverized charcoal and bark, and with which the scorbutic ulcers may be dressed morning and night. These ulcers may be known by their soft and spongy edges.

Regimen. So uncommonly salutary are vegetables in this disease, that whenever they can be had fresh, they should, with ripe fruits and milk, constitute the chief part of diet for scorbutic patients. When these articles cannot be procured, a mild, nourishing diet, with wine, cider and porter, is most proper. As nothing is of more importance to the scorbutic, than breathing pure fresh air, it should at all times be well supplied. Seamen, therefore, affected with it, ought constantly to keep on deck in fair weather.

ERUPTIONS OF THE SKIN.

There subsists so intimate a relation between the internal and external parts of our body, that no disorder scarcely takes place within, that does not show itself ultimately on the surface.

Diseases of the skin, are therefore very numerous, and as they most commonly arise from a constitutional cause, should be treated by general remedies.

Local applications, particularly *quack* remedies, which are composed of mineral poisons, by repelling the vitiated humours to the brain, lungs or bowels, have often produced fatal consequences.

Persons of relaxed habits, especially females, are subject to an eruption, attended with redness and soreness of the skin, forming large spots on the face and neck. This is certainly the mark of a constitutional debility and can only be removed by tonics, as the bark, bitters, solution of arsenic, nitric acid, &c. and exercise. Attention should also be paid to a frequent change of linen, and the skin occasionally dusted with starch.

Cutaneous eruptions oftentimes arise from a foulness of the stomach; in which case occasional vomiting and purging are found to be highly useful.

There are eruptions in the face of persons of apparent health, called *grog blossoms*, which are the consequences of an inflamed liver, from a too frequent use of wine and spirits, and high living.

An attempt to remove these pimples by external means would not only be fruitless, but highly dangerous. Their cure can only be effected by gradually correcting the habit of intemperance, both in eating and drinking.

The primary affection must be first relieved. This is to be done by taking every night from half a grain to one grain of opium, combined with two grains of calomel. After using this medicine for some time, or until the mouth is affected by salivation, the solution of arsenic (see Recipe 27) in the usual dose, twice a-day, for a week or two, will complete the cure.

Scaly affections of the skin, or clusters of small pimples over the body, usually occur in some habits, spring and fall, which will generally yield to sassafras tea, or cream of tartar and sulpur, in doses of a tea-spoonful, night and morning. Should this fail, the decoction of sarsaparilla, and one of the mercurial pills night and morning, for a week or two, and afterwards the solution of arsenic, will always succeed.

The *prickly heat*, is an eruption which is sometimes very troublesome; but commonly disappears on keeping moderately cool, and avoiding warm drinks. When this is not sufficient, and the itching is severe, the cathartic mixture (see Recipe 11,) taken two or three times a week, and the external applications of elixir vitriol, diluted in water, will prove a good remedy.

The *nettle rash*, so called from its resemblance to eruptions made by the stinging of nettles, is sometimes attended with intolerable itching. When many of the eruptions run together, the part seems swelled, forming tumours, such as appear after being struck with the lash of a whip, and betwixt them, the skin is inflamed and very red. The elevations appear suddenly, but seldom continue long, and are apt to disappear from one part of the body and appear again in another.

The itching is the greatest inconvenience, as it sometimes prevents the patient from sleeping, but the disease is not dangerous.

With respect to the cure, observing a cooling regimen and a laxative state of the bowels, is generally sufficient; but if fever supervenes, it will be proper to bleed and give the antimonial solution (see Recipe 6,) in small doses, to determine the fluids to the surface. When the disease is of a chronic nature, and often returns, twenty drops of elixir vitriol, taken thrice a-day, in a cup of camomile or centaury tea, or infusion of columbo, should be directed.

To allay the itching, a solution of borax in vinegar, half an ounce of the former to half a pint of the latter, affords a good wash.

ITCH.

The itch consists of small watery pimples of a contagious nature, which first appear between the fingers, and on the wrists; but in process of time spreading over the whole body, except the face; attended with a great degree of itchiness, especially after being heated by exercise, or when warm in bed.

In the cure of this disease, sulphur used internally and externally, is considered as a certain specific. A teaspoonful of the flour of sulphur taken in milk or spirit and water, thrice a day, and some of it rubbed on the inside of the arms and legs at bed time, either dry, or in the form of unction, will soon effect a cure. Where the sulphur is disliked, the mercurial ointment may be rubbed in every night, about the size of a nutmeg, until the eruption entirely disappears. The itch lotion (see Recipe 43) will also be found an effectual remedy in this complaint, by washing the parts affected with it two or three times a day. The internal exhibition of sulphur alone, or combined with cream of tartar, should always precede or accompany the external applications. Dock root, tobacco, and Virginia snake root, (see *Materia Medica*) have sometimes cured when the above remedies failed.

TETTER, OR RING-WORM,

Is an eruption that attacks various parts of the skin, in a circle, with an inflamed basis, which gradually spreads, forming an extensive excoriation, sometimes moist, at other times dry; and is attended with smarting and itching, succeeded by scurfy scales.

Treatment. If the habit of body be not faulty, external applications alone, are often sufficient to remove this affection.

The saturated solution of borax, with vinegar or lemon juice, one drachm to two ounces, is an excellent remedy ,without producing the least pain on its application. The itch lotion, when prepared with double its strength, is also equally good. Covering the eruption daily with ink, or the juice of black walnut, (see *Materia Medica,*) has often effected a cure.

Where the disease is inveterate, internal medicines must be exhibited and continued for some time; such as limewater, flour of sulphur, the mercurial pills, or which is preferable to all of them in obstinate cases, the solution of arsenic. (See Recipe 27.)

TINEA, OR SCALD HEAD.

Symptoms. This disease consists of little ulcers at the roots of the hair, which discharge a humour that dries into a white scab, or thick scales, and has an offensive smell. It is not only a very troublesome complaint, but contagious, and when united with a scrofulous constitution, found extremely difficult to be cured.

Treatment. When it is merely a complaint of the skin, it may be successfully treated with topical applications. In the beginning of the affection, washing the sores well night and morning with strong soap-suds, or a decoction of tobacco, or by applying an ointment, made with jimson-weed, or pride of China, (see *Materia Medica,*) will frequently effect a cure. But if the dis-

order prove obstinate, the head ought to be shaved, and after being well washed with soap-suds, covered with tar and suet, spread on a bladder. My very ingenious friend Doctor Chapman, has assured me, when every other application failed in removing this disease, he always succeeded, by having the affected parts washed with this lotion* twice a-day.

But in cases where topical applications are resisted, medicine should be given internally, as limewater, flour of sulphur, or calomel, according to circumstances; and to hasten the cure, the course of the fluids may, in the mean time, be in part diverted from the head, by blisters or sinapisms.

SCROFULA, OR KING'S EVIL.

This disease is most frequent among the children of the poor, and negroes, who are ill fed, ill lodged and ill clothed; it is also hereditary, but never contagious. It most commonly occurs in children from the third, to the seventh year; frequently, however, it discovers itself at a later period in habits peculiarly disposed to it.

Symptoms. It is known by indolent hard tumors of the lymphatic glands, particularly those of the neck, behind the ears, or under the chin. The upper lip, and division of the nostrils are swelled, with a smooth skin, and hard belly. In the progress of the disease, these tumors degenerate into ulcers of bad digestion; the discharge of which consists of a white curdled matter, resembling somewhat the coagulum of milk; and previous to their breaking, they acquire a sort of purple redness, and a softness to the touch.

Treatment. As soon as these tumors are first discovered, endeavour to disperse them by sea bathing, or bathing in salt and water, one pound to three gallons of

* Take liver of sulphur, three drachms—Spanish soap, one drachm—lime water, eight ounces—rectified spirits of wine, two drachms, mix.

water, or cold water alone, or by frequent application of lead water. Warm fomentations and poultices of every kind, do harm, as they seem only to hurry on a suppuration, which, if possible, should be prevented.—A large draught of sea water every morning will be found a useful drink. Peruvian bark and steel used alternately every two weeks, will be of infinite service by giving tone to the system. The remedy, however, most to be depended upon in this disease, is the muriat of lime, given in doses of ten to eighty drops, gradually increased, three or four times a day, diluted with water or tea. When a suppuration takes place, the solution of arsenic should be given twice or thrice a day. The best application to scrofulous ulcers, is a powder composed of one pound of finely powdered bark, and one ounce of white lead in fine powder, mixed well together; or a fine powder of calamine-stone alone, and the ulcers covered with it daily, keeping it on by brown paper and a bandage. Where these are not to be obtained, the constant application of linen rags moistened with a solution of one ounce of sugar of lead, in a pint of water, may answer every purpose.

With respect to the diet, it should be nourishing and easily digestible, avoiding all viscid food. Moderate exercise in a dry warm air is exceedingly beneficial.

JAUNDICE.

Symptoms. Yellowness of the skin, but chiefly of the eyes, the urine also yellow—inactivity—anxiety and uneasiness at the pit of the stomach—itchiness of the skin.

Causes. Whatever obstructs the passage of the bile, through its natural channel.

Treatment. The indications of cure are, to remove the obstructions, which, as it originates from different causes, will require different modes of treatment.

As vicid bile is the most common cause of this complaint, in full habits, and where there are any feverish

symptoms, begin the cure with bleeding, afterwards give an emetic, and then a day after a dose of calomel and jalap, which should be often repeated if necessary.—Common soap in large quantities has been exhibited with much success in this case, but as this is disagreeable to take, the salt of tartar, which has the same advantage, or soda, may be taken in doses of twenty or thirty grains, three or four times a day, dissolved in the infusion of columbo.

If there be any acute pain in the region of the liver, with a quickness of the pulse, bleed more freely, give one of the mercurial pills, (see Recipe 25,) night and morning, until a ptyalism is produced, use the warm bath, and apply a blister over the pained part. In cases of much pain, three or four table-spoonfuls of olive oil should be swallowed, and if it do not succeed in quieting the pain, one or two tea-spoonfuls of æther, or thirty drops of laudanum must be given. The warm bath, or bags of hot salt applied to the right side, are likewise beneficial. After the obstruction is removed, the tonic powders or pills, (see Recipe 4 & 23,) or dogwood, or cherry-tree bark, (see *Materia Medica*,) are necessary to restore the tone of the system.

Regimen. The diet ought to be regulated according to the constitution of the patient. In plethoric or feverish habits, the diet should be low, and in cases of excessive debility it should be of the most nourishing kind. Vegetables, by creating flatulency and acidity, are to be avoided. Mucilaginous drinks are peculiarly proper; and in many instances, sucking a new laid egg every morning, on an empty stomach, has succeeded in curing this disease, when all other means failed.

WHITE SWELLING,

Is distinguished by an acute pain, without any external inflammation, of a joint, attended with a gradual increase of its size. Though all the joints are occasionally subject to it, yet its most usual seat is in the knee.

White swellings are generally of a scrofulous nature,

but sometimes they are produced by rheumatic affections, and sometimes follow strains that have been neglected, or badly treated.

TREATMENT. As soon as an affection of this kind is discovered, the patient should remain in bed, and the limb kept perfectly at rest; without which, remedies cannot produce any good effect.

The great object, is to prevent the formation of matter, by the immediate application of leeches, or scarifications to the part affected, and by which, eight or ten ounces of blood may be taken away, every other day, or oftener, according to circumstances. The whole joint should then be kept continually wet and cold with the solution of crude sal ammoniac, (see Recipe 28) by means of four or five folds of old linen. After the local affection is somewhat abated, frictions with the volatile liniment, or a mixture of soft soap and spirits of camphor, to which may be added some tincture of cantharides, will have a good effect. With one or other of these liniments, the joint is to be rubbed well twice a day, and afterwards covered with a piece of flannel that has been soaked in the same. If this should not produce good effects, the part must be rubbed night and morning with mercurial ointment, in the quantity of two drachms at a time, and continued until the mouth is gently affected.—The cure may then be completed by small blisters on each side of the joint, which should be kept running for a length of time.

If the disease in spite of these remedies continue to advance, emollient poultices must be applied often, until various abscesses appear, and these should be opened as soon as they seem to point, and afterwards to be treated as ulcers.

In cases where the white swelling is evidently scrofulous, tonic medicines, as bark, steel, &c. and a nourishing diet, to correct the constitutional affection, with stimulating applications to the joint, form the best remedies.

SEA-SICKNESS.

Symptoms. A most unpleasant giddiness, with great nausea and vomiting, occasioned by the motion of the vessel. The duration of this complaint is very uncertain. Generally it lasts but a day or two, but in some cases it will continue the whole voyage.

Treatment. Though time, perhaps, is the only cure, yet it will be greatly alleviated by keeping the bowels open. A tea-spoonful of æther in a glass of water, relieves the convulsive affection of the stomach.—High-seasoned food and acidulated drinks are peculiarly proper. But nothing will be found more serviceable than exercise, cheerfulness, and fresh air. Persons should, therefore, never go below; but romp on the decks, cut capers in the shrouds, and divert their minds and move their bodies, as much as possible.

INTOXICATION.

Symptoms. Like every other kind of phrenzy, it comes on with a burning redness of the cheeks—a swelling of the jugular veins—and a fiery wildness of the eyes. The tongue is considerably affected, but very differently in different stages of the disease. At first, only glib and voluble—then *loud*, and *louder* still—at length *noisy* and excessively disagreeable. The patient now is quite on his top-ropes, and nothing goes down with him, but the most ranting songs, roaring laughs, ripping oaths, and bluntest contradictions, accompanied with loud thumping of the fist on the table, especially if politics be the topic of conversation. There is no complaint that affects patients so differently—some it makes so ridiculously loving, as to hug and kiss one another—others it kindles into such rage and fury, that they will frequently throw the bottles and glasses at the heads of their best friends. And indeed, so wonderful is its influence, that it is no uncommon thing with it, to inspire cowards with courage, to teach truth to liars—and to make per-

sons naturally reserved, loquacious and even boisterous.

The memory now partakes of the general infirmity, being hardly able to connect the parts of a story begun. The tongue at length, as if about to lose its powers, begins to trip—then to stammer—and at last the utterance dies away generally in some idle half-finished threat or oath. Hiccups now ensue, with a silly grin of the mouth, which continues half open, from the falling of the lower jaw. The face puts on an air of great stupidity—the eyes turn heavy and sleepy, and the patient begins to nod, with his head bending forward; until, becoming too heavy, he sinks under the table, and not unfrequently, after a filthy vomiting, falls asleep among the dogs and cats.

Treatment. In a fit of drunkenness, the patient should instantly be placed in an airy situation, the head and shoulders kept erect, and the neck-cloth and collar of the shirt unbound, and copiously bled, if his situation seems alarming. The next step is to provoke vomiting, by the most expeditious means, such as tickling the throat with a feather or the finger. Cold applications to the head, as cloths wrung out of cold water, or vinegar and water, often renewed, will have the happiest effect: so will plunging the body into cold water; for many instances have occurred of persons having fallen overboard in a drunken fit, and having been picked up sober.

Therefore, it will be found an admirable mode of sobering those vagabonds who, as a nuisance, infest the streets of every city, to take them to the nearest pump, and there deluge them with cold water. This will not only bring them to their senses, but send them off, under that sense of shame, which ever follows the commission of a crime so truly ignominious.

TO RECOVER PERSONS APPARENTLY DROWNED.

As soon as the body is taken out of the water, it should instantly be rubbed dry, and wrapped in warm blankets; unless the cooling process should be first necessary, in consequence of the patient being in a half frozen state. For, in that case. the body ought to be rubbed with snow, or flannels wrung out of cold water or vinegar, before any degree of artificial warmth is applied. After which the patient is to be placed on a bed or mattress, with the head elevated, and air is then instantly to be blown into the lungs, by inserting the pipe of a pair of bellows into one nostril, or for want of that article, a tobacco pipe, a quill, or even a card folded in the form of a tube; while the mouth and opposite nostril are closed by an assistant, or covered with some wet paper. By thus forcing air into the lungs, and alternately expelling it, by pressing the chest, respiration may happily be restored. Volatile salts, or vinegar, should also frequently be applied to the nostrils.

Next the intestines are to be stimulated by injections of warm spirits and water, or mulled wine. It will be more effectual still, if some warm spirits and water be introduced immediately into the stomach, by means of a syringe and a long flexible tube. While using the internal stimulants, a bladder of warm water should be applied to the region of the stomach, and the legs and arms briskly rubbed with a warm hand, or with flannel, extending the friction gradually to the thighs, belly, and chest.

At that critical period, when sneezing, slight twitchings or gasping, mark the first dawn of returning life, it will be prudent to moderate the stimulating powers. When respiration and the power of swallowing are restored, the patient should be kept moderately warm, and gentle perspiration encouraged by warm drinks.

Should feverish symptoms ensue, moderate bleeding, together with mild laxatives and cooling regimen, will complete the cure.

TO RECOVER PERSONS APPARENTLY KILLED BY LIGHTNING OR NOXIOUS VAPOURS.

TREATMENT. Instantly throw cold water, with some force, in large quantities on the face and head, which should be often repeated for some time, and if convenient the whole body may be plunged into cold water, and afterwards wiped dry, and warmth gradually applied. If the body and extremities feel cold, instead of the application of cold water, the warm bath about the temperature of the blood, should be prepared as soon as possible, and the patient immersed in it for twenty or thirty minutes, using frictions at the same time with the hand. As soon as the patient is taken out of the bath, his skin must be wiped dry, and wrapped up in warm flannel, and gentle stimulants employed to produce a reaction.

When by these means the circulation of the blood is increased, and the extremities become warm, bleeding will be proper, and must be often repeated, if the patient have fever, or complain of pain. Besides which, evacuations must be procured by purgative medicines and glysters, and the antiphlogistic plan in every respect strictly pursued, until the febrile symptoms abate. After which tonic medicines with wine, in case of debility, are of infinite service.

POISONS.

TREATMENT. The cure of poisons swallowed, whether vegetable or mineral, requires either an immediate evacuation, or a counteraction of their effects.—Therefore, as soon as possible, throw in an emetic, quick in its operation, as blue or white vitriol in a dose, from ten

to thirty grains, repeated in fifteen minutes, if necessary, and assisted by copious draughts of warm water.

To remove the stupefaction, which generally ensues after an imprudent dose of opium, acids of the vegetable class, as lime juice, or vinegar diluted with water, ought to be exhibited freely. But if the patient lay in a deadly stupor, with cold extremities, the warm stimulating plan must first be adopted. Sinapisms or blisters ought instantly to be applied to the extremities; or as a more effectual remedy to produce reaction in the system, the legs and arms should be whipped well with rods, and the soles of the feet seared with red hot iron.

When mineral poisons are taken, if a vomiting does not follow, attempt the expulsion by a quick emetic as above described, and let it be worked off with warm water, adding to each draught, twenty or thirty grains of salt of tartar; which medicine should be continued until the cure is completed. The exhibition of sweet oil, milk, and mucilaginous drinks, in large quantities, do good by obtunding the acrimony of the poison, and must not be omitted. The same method should be pursued, whether arsenic, corrosive sublimate,* sugar of lead, tartar emetic, or any metallic salt has been taken; and unless the remedies are quickly resorted to, death inevitably will take place.

If in consequence of the effects of poison, fever supervene, the antiphlogistic treatment as recommended in inflammatory complaints, must be pursued.

BITES OF MUSQUITOES.

Musquito bites often degenerate into painful acrid ulcers, particularly on the legs, in consequence of scratching them. It is therefore proper, where these insects are troublesome, to wear loose linen buskins to

* It has recently been discovered by an eminent Spanish physician, that the whites of eggs diluted with water, is an antidote against corrosive sublimate; and that common lump sugar is an antidote against verdigrise.

guard the legs in the evening; and when this has been neglected, apply oil, vinegar, lime juice, or camphorated spirits to the part, to allay the itching and tingling occasioned by their bites.

BITES OF VENOMOUS ANIMALS.

TREATMENT. The bites of all venomous animals are cured by the same means, which are very simple, if the remedies were always at hand. The caustic volatile alkali, or eau de luce, is a certain antidote against the bites or stings of the most venomous serpents or spiders. Lint wetted with either of these should instantly be applied to the injured part, and renewed as it becomes dry. A tea-spoonful of the same medicine must also be given to the patient in a little water, every hour or oftener, as may be indicated by the symptoms.

Lunar caustic possesses the same admirable virtue, and should always be employed, when the other medicines are not at hand. The best mode of using it, is to dissolve five or six grains of the caustic in two or three ounces of water, and keep the affected parts moistened with it, as above directed. Some of the same ought also to be given internally, only in a more diluted state. When these remedies cannot be procured, a cataplasm made of quick lime and soap, should be applied to the bitten part, and as much cayenne, or red pepper, mixed in spirits, swallowed every hour or two, as the stomach can possibly bear.

The juice of plantain and hore-hound, in doses of a table-spoonful every hour or two, is considered a good remedy against the bites of venomous serpents, as is also squirrel ear. (See *Materia Medica.*)

As soon as a person is bitten by a poisonous animal, a tight ligature should be made above the injured part, until suitable remedies can be employed. When the toe or finger is bitten, cutting it off immediately will prevent mischief from the poison.

It is also a fact that sucking the wound immediately after being bitten, will arrest the progress of the poison.

This was lately verified in the neighbourhood of Augusta, in the case of a youth who was bitten by a rattle snake, and the wound being instantly sucked by a man present, prevented its mischievous effects; nor did any injury result to the operator.

When this remedy is resorted to, it may be prudent for the operator to guard his mouth with sweet oil or milk, and not swallow the saliva. It should never be attempted by a person with a sore mouth or very bad teeth.

HYDROPHOBIA; OR, THE BITE OF A MAD-DOG.

This disease is so dreadfully alarming at all times, that we ought, as the best means of security, to endeavour to prevent it.

Therefore, as the infection of a rabid animal is conveyed by his teeth into the wound, the sooner it is removed, the less chance is there for absorption. Consequently, the bitten part should immediately be washed, and where it can, be cut out, or burnt with a hot iron, deeper and more extensive, than the wound itself. After which, the wound should be filled with mercurial ointment, and kept open for some time.

In addition to this treatment we should diligently employ mercury, both internally and externally, to exite a salivation.

When the disease is once begun, large bleedings with purgative medicines, must be resorted to, and frequently repeated. Sweet oil has been highly recommended for this malady, in very large quantities. Opium, in such doses as are given in tetany, has also been said to produce beneficial effects.

It is probable, the caustic volatile alkali, might prove an antidote against the poison of a rabid animal, as that of the most venomous serpents.

Chick-weed and emetic-weed, (see *Materia Medica,*) is considered by some, a remedy in this dreadful disease.

GUINEA WORM.

This disease is frequent among the *new* negroes, and is pretty uniform in its appearance.

The patient is at first sensible of an itching; and, on examining the part, a small blister is generally to be perceived. Frequently two or three of these blisters manifest themselves; and at times the part has the appearance of being stung with nettles. Beneath these blisters, or other affections, on raising the skin, there appears a small piece of mucus, on removing which, the head of a worm is to be seen. It is generally firmly fixed, and requires force to detach it from the parts beneath. When once separated with the forceps, it can be twisted round a ligature, or a piece of lint, and by this means a portion of it, a foot or two in length, may be extracted in the course of one day.

In its appearance, it resembles what is called bobbin, or small tape, and is of the same size. It is transparent and moist, and appears to contain something like a white liquid. As much of it as will come away without pulling, is daily to be extracted. It is always dangerous to use force, on account of the risk of breaking the worm. When this accident happens, it occasions the most acute pain, accompanied with swelling and inflammation of the neighbouring parts; and these symptoms will often continue for two or three weeks. In this case the worm also takes a different course, and soon throws itself into another part.

SWALLOWING OF PINS.

Pins and other hard and sharp pointed substances, sometimes pass into the gullet, and even into the stomach. It is too prevalent a practice, when any substance of this kind has passed into the stomach, to endeavour to hasten its passage through the bowels, by giving some opening medicine.

Milk alone, or mixed with raw eggs, should be immediately taken, as by the coagulation which takes place, the substance may become so involved, as to prevent its doing injury to the stomach; and on the same principle should opening medicines, which render the fæces thin, be avoided; as by allowing the fæces to obtain some firmness, there will be the greater probability of the pointed parts of the substance being so sheathed, as to prevent their injuring the intestines. It is but rare, however, that any serious injury is done to the stomach by the point of the pin.

CHILBLAINS.

Symptoms. Are inflammatory swellings, chiefly affecting the heels, feet, and toes, and sometimes the arms and hands, attended with great pain and degree of itching.

Causes. This disease is owing to a weaker action of the small vessels, most remote from the heart, occasioned by cold or dampness, and occurs most frequently among children and people of delicate constitutions.

Treatment. Where the parts are frost bitten by long exposure to the cold, they should be plunged into the coldest water, and afterwards rubbed with salt.—When they are only benumbed, they may be rubbed with strong brine, or spirit of camphor, or opodeldoc, (see Recipe 62 & 63,) to which a little laudanum may be added, if the pain or itching be very troublesome; but when they crack and discharge an acrid matter, poultices should be applied, but not for any length of time, as their continuance is apt to produce fungous excrescences. The application of diachylon plaster to the part, if the exciting cause be avoided, will afterwards effect a cure.

SCALDS AND BURNS.

The leading indication in affections of this kind, is to abate the pain; and this is effected by whatever induces insensibility of the part; as plunging it suddenly into cold water, covering it with ice or snow, or applying soft soap, brandy, laudanum, æther, or spirits of turpentine. Of these remedies, spirits of turpentine deserve the preference, especially where the skin is detached. A liniment prepared of basilicon ointment and spirits of turpentine, and applied twice a day to burns, when there is a loss of substance, alleviates the pain like a charm, and brings the sore to suppuration in a few days, which may afterwards be healed, by a liniment composed of equal parts of linseed oil and lime-water, or by the application of the simple saturnine ointment, or Turner's cerate, (see Recipe 67, 68 & 71,) or what is preferable, an ointment made with the thorn apple. (See *Materia Medica.*) The application of cotton to a burn or scald, admirably alleviates the pain.

Blisters, which occur from burns, should be opened as soon as the irritation induced has subsided; and in order to prevent any bad effects from the admission of air, small punctures ought to be made in preference to incisions.

The constitutional treatment of burns must be regulated by the degree of inflammation and pain. When the former is considerable, and affects the system at large, bleeding, mild laxatives, and other remedies suited to inflammation in general, become necessary; and in the latter, where the pain is violent, laudanum ought to be given in pretty large doses.

When the patient is of a debilitated habit, wine and bark, will be of infinite service; and when the sores do not heal kindly, astringent washes are necessary, as recommended for indolent ulcers.

HERNIÆ, OR RUPTURES.

The term rupture was adopted when it was supposed that the disease was always the consequence of a rupture of some of the parts, which form the cavity of the abdomen or belly. But anatomical examination has shown, that this disease, as it most commonly appears, takes place in consequence of the protrusion of some of the contents of the abdomen, through openings, which are natural to the human body, and without any violent separation of the parts. It will not be necessary to describe particularly, the several kinds of ruptures which may occur. It will be sufficient to observe, that ruptures will generally appear in the groin, in the upper and fore part of the thigh, and at the navel. Those which appear, at first, just above the groin, will, in general, if neglected, soon descend into the *scrotum*, in men, and into the *labia pudendi*, of women. The tumour, in this disease, is most commonly formed by a part of the intestinal canal, or of the omentum or caul, or of both.

In those ruptures which are capable of easy reduction, as soon as a pressure is properly made, the protruded intestine generally slips up, all at once, with a kind of guggling noise, and the tumour immediately subsides; where the tumour has chiefly been formed by *omentum*, that passes up more slowly, and without that particular noise which accompanies the return of the intestine.

In those cases of rupture, where stricture has taken place on the protruded parts, and the reduction is thereby rendered difficult, the belly becomes tense and painful, the pain of the belly, as well as of the tumour itself, being much increased on the least exertion; a total stoppage of discharge by stool takes place, and the patient is distressed by a sickness at the stomach, which increases, until there is almost constant retching and vomiting.

To prevent these evils, it is only necessary, that such

a pressure be kept on the opening, through which the part protruded, as may prevent its again falling out: the pressure of the fingers shows how effectually this may be done, and if, at the time this pressure is made, the patient but gently coughs, he will discover how forcibly the protruding parts are driven outwards, and how necessary it is to guard against their future propulsion. The ingenuity of artists has devised a mode, by spring trusses, of applying a constant and properly adapted pressure, requiring little or no exertion, or even attention, of the patient himself. No person, therefore, in the situation just described, should suffer a day to pass, more than is absolutely unavoidable, without obtaining the comfort and security which will follow the application of a truss; since, if it be adopted at the first appearance of the disease, not only will the malady be stopt in its progress; but, if employed with constancy and steadiness, a radical cure may be gained.

If it be discovered that the return of the rupture is become difficult, and that a stricture on the protruded part has perhaps taken place, the person should place himself on his back, inclining to the side opposite to that diseased, with the head low, and the breech raised high, the knees being drawn upwards, and a little outwards. Whilst lying in this posture, he should endeavour, by such pressure as he has been accustomed to employ for its reduction, to return the protruded part. Should he not succeed in this attempt, he may lay on the part a piece of folded linen, dipped in cold water, and repeat his attempts. If these be also unsuccessful, he may then be assured that a stricture has taken place, and as his life depends on its speedy removal, no time should be lost, in obtaining the best surgical assistance that can be had.

The *umbilical hernia*, or rupture of the navel, is most common to childhood, and is easily cured if early attended to.

The means to be adopted are simply these—the protruded parts are to be returned, which may be easily done by slight pressure with the finger; and retained in

their proper situation, by a conical piece of very soft sponge, thoroughly cleared, by rubbing between the thumb and finger, of sand and minute shells, which may be lodged in its cavities. This being kept to the part, by the point of one finger, is to be secured by several slips of strongly adhesive plaster, three inches in length, crossing each other in a stellated form.

PROLAPSUS ANI, OR FALLING OF THE FUNDAMENT.

It is occasioned by weakness of the part, which is aggravated by costiveness, hemorrhoidal swellings, diarrhœas, and particularly a tenesmus.

Treatment. The cure is to be effected by reduction of the part as soon as possible, and retaining it in its natural position, by a compress, secured with a bandage. To effect its reduction, the patient should be laid on his face in bed, with his buttocks raised above the rest of his body, and while supporting the tumour with the palm of one hand, the part of the gut least protruded is to be first introduced with the fore-finger of the other. As soon as the bowels are returned, the bandage is to be applied. When the protruded parts become inflamed, from being exposed to the air, before a reduction be attempted the inflammation is to be alleviated by blood-letting, and fomenting the part with a warm decoction of mullein.

Persons who are subject to falling of the fundament, would do well to wash the part, immediately after evacuation, with a strong decoction of oak bark.

Such remedies as tend to recover the tone of the parts most readily, are to be used, as cold bathing partially applied, and injections of the decoction of bark, with the addition of a little laudanum, or starch, if there be an acrid discharge. With the same view, tonic medicines, as steel, columbo or bark, should be taken thrice a day. Persons subject to this disease ought to use such diet as produces but little excrements, and

those of a soft consistence. Rye mush and molasses, used exclusively as a diet for a few weeks, has been found to produce a perfect cure.

WARTS AND CORNS.

When *warts* are attended with inconvenience, they may be removed either by ligature or caustic, according to the extent of their base. The caustics commonly used for this purpose are crude sal ammoniac, blue vitriol, lunar caustic, or tincture of steel, applied every day.

As *corns* are formed entirely from pressure, we must carefully avoid the occasional cause, by wearing wide shoes; and for their removal, they should be bathed for some time in warm water, and then pared off as much as possible, without giving pain; after which apply over them a wafer or diachylon plaster, to defend them from the cold air. Another method is to allow them to grow to some length, through a piece of perforated leather properly secured by plaster, or any other means, and afterwards to pick them out, or to cut round their root, by which they may for the most part be easily turned out.

WHITLOW,

Is an inflamatory swelling of the fingers, confined generally to the last joint, particularly under the nail, attended with a sense of most burning heat.

Causes. It is often induced by external violence, as the puncture of a pin, or contusion of the nail; but it most frequently takes place without any obvious cause.

Treatment. The moment that a sense of any preternatural heat, or pain is felt, in order to effect resolution, apply a blister, or let the finger be bathed, several times a day, in a mixture composed of four ounces

of spirits of camphor, half an ounce of laudanum, and two drachms of extract of lead. When those articles are not at hand, holding the hand in brandy, or sharp vinegar, or very hot water often repeated, and continued for some time, will likewise prevent suppuration. According to my honourable and worthy friend, John Taliaferro, Esq. of Virginia, the application of a plaster composed of lime and soft soap is a sovereign remedy.

Should, however, these means fail to produce resolution, the best method is to make an early opening down to the bone, which will occasion the patient much less pain, than allowing the matter gradually to make its own way to the surface; which likewise, from the length of time required, is attended with more mischief to the parts. The wound is then to be brought to suppuration by emollient poultices, and afterwards treated as an ulcer.

TUMOURS, OR BOILS.

Every tumour terminates in one of the following ways. By an absorption of the substance into the circulation; by a conversion into *pus*, or degeneration into scirrhus or cancer.

There are two plans for the treatment of tumours. Either by resolution or maturation. In the first, there is a dispersion of the swelling; and in the second, it is brought to maturity, and of course, a discharge takes place by spontaneous rupture, or by incision.

Treatment. In the treatment of tumours, we must be regulated by the nature and condition of them.

If, for example, they should appear on any part of the body, with only a slight degree of pain, tension, and inflammation, and no preceding indisposition, that may induce us to believe it to be the effort of nature, to get rid of some noxious matter; we should then endeavour to disperse the inflammation by strictly observing a cooling regimen, by bleeding, by mild cathartics, and by topical remedies, as cloths rung out of lead water, or saturnine poultices, (see Recipe 68) often renewed.

But when they arise from bad habits of body, their suppuration in all cases should be promoted as soon as possible, by warm emollient poultices, as milk and bread, flaxseed, or mush and fat, renewed every three or four hours.

When the suppuration is complete, if the matter do not make its own way, the tumour is to be opened with a lancet or caustic, and after applying one or two poultices, it should be dressed with basilicon (see Recipe 70) spread very thin on lint, night and morning, until it ceases to discharge: after which, with Turner's cerate, or some healing ointment. If fungous or proud flesh appear, it must be destroyed by sprinkling red precipitate, burnt alum, or rhubarb over it, or touch the protuberant part with blue vitriol or caustic.

Attention must also be paid to the general state of the system, since if that particular state on which the tumors depend, is not changed, the patient may be harassed a considerable time, by their recurrence.

Hence, in debilitated constitutions, the tonic and strengthening remedies, such as bark, sea bathing, &c. should be employed, and in robust and gross habits, sulphur and cream of tartar, ought to be taken in doses of a tea-spoonful thrice a day.

A tumour on the gums is to be brought to suppuration by applying roasted figs internally to the part, as warm as can be borne; and afterwards the mouth is to be frequently washed, either with the astringent or detergent gargle, (see Recipe 41 & 42.) But when it arises from a carious tooth, a removal of it becomes necessary, in order to effect a cure.

SCIRRHUS, OR CANCER.

A cancer is a spreading sore preceded by a hard or scirrhous swelling of the part, attended with pain, and, for the most part, a thin fœtid discharge. Any part of the body may be the seat of this disorder, though it is mostly confined to the glands.

A scirrhus in the breast commences with a small

hard and moveable kernel like a pea, without discoloration and without pain. This generally increases in size and in hardness. The neighbouring parts become affected with a sense of pain and uncommon heat, as if touched with fire, or pierced with sharp needles. Inflammation now succeeds, which ending in an ulcer or open sore, the cancerous state begins. When the surface of the skin is attacked by cancer, it generally begins with a small excrescence of the watery kind, which becomes a cancerous ulcer, on suffering even the slightest irritation.

Treatment. If the unfortunate subject of this malady is a young subject, and of a good constitution, and the complaint in its worst state; the best advice to be given is to apply to some experienced surgeon, and have the part extirpated immediately. When extirpation cannot be accomplished, every attempt should be made to stop the progress of the complaint, by general and topical blood-letting, by a cooling diet, consisting principally of milk and vegetables, and to keep the bowels open by the occasional use of mild cathartics.

In the incipient scirrhous state, wearing a hare or rabbit skin over the part affected is extremely useful, and when this cannot be procured a mercurial plaster will be found serviceable. Lead water in this state has likewise been employed with some success, by arresting the progress of the complaint. Every thing that tends to irritate, such as rubbing, picking, or handling the affected part, should be avoided. The clothing should be so regulated as not to press too hard on the tumour, nor to keep it disagreeably warm, nor leave it painfully cold.

When the cancer becomes ulcerated, various have been the applications, but those which give the least pain are the most eligible. The narrow leafed dock-root has proved an effectual cure of this malady, in many instances. The manner of applying it, is by boiling the root till it is quite soft, then bathe the part affected with the decoction three times a day as hot as can be borne, using the root in form of poultice.

Another remedy for this disease, is the solution of arsenic. It is to be taken inwardly thrice a day in its usual doses (see Recipe 22) and to be applied externally in a diluted state. A drachm of the solution is first to be diluted with a quart of rain water, and made gradually stronger, till it be double of that strength. This mixture may be either applied on lint, or made into a poultice with the crumb of bread.

The solution of kali on lint, has also been employed with some success in cancerous ulcers; beginning with it weak, and gradually increasing its strength.

The charcoal powder (see Recipe 5) is an excellent application to cancerous sores, particularly when they have an offensive smell. It may be daily applied in powder on lint; carefully observing not to expose the ulcer to the air, on changing the dressing. Carrots (see *Materia Medica*) are also a good application to fœtid ulcers.

COMMON ULCERS.

No disease occurs more frequently among the poor and negroes, than ulcers of the legs; for this obvious reason, they are more exposed to accidents, and when they meet with a wound or contusion in the leg, the injured part inflames, and becomes an ulcer for want of proper care. Women with obstructed menses are also subject to this disorder.

Ulcers receive various appellations, and require different modes of treatment, according to their appearances, or the causes, and peculiarities of the constitution of the patient. Where the disease is local, topical remedies only are necessary; but, when it is connected with any disorder of the constitution, medicines that affect the whole system, are absolutely necessary. When ulcers appear to have had any effect, either in carrying off, or preventing disorders to which the constitution may have been liable, a cure should not be attempted, until an issue is made in some more convenient part, which should be made to discharge nearly as much as the ulcer. (See Issues.)

An ulcer not attended by any considerable degree of pain and inflammation, and which affords a discharge of mild matter, of whitish consistence, the granulation firm, red, and of healthy appearance, is called the simple purulent ulcer, and is entirely a topical affection. This ulcer is the most simple that can occur, both in its symptoms and method of cure; and it is to the state of such a sore, that every other species must be reduced, before a permanent cure can be effected.

The causes of purulent ulcers are, all wounds that do not unite without the formation of matter, and every external accident that terminates in suppuration, with an opening, as a consequence of it.

In the cure of this species of ulcers, first remove any inflammation which may attend it, by emollient poultices, as bread and milk, renewed every three hours. As soon as the inflammation subsides, omit the poultices, lest the granulations be rendered lax and flabby; but keep the sore clean, and dress with some mild ointment, such as Turner's or the simple cerate (see Recipe 71 & 67) spread very thin on soft lint, or apply dry lint, and upon that a piece of linen spread with the ointment. The thorn apple ointment (see *Materia Medica*) will be found a most valuable application to wounds. The frequency of dressing ulcers, must depend on the quantity of matter discharged; but in general they should be dressed once in twenty-four hours in winter, and twice in summer, and the greatest care should be taken, in renewing the dressings, not to expose the sore for any time to the air. When the ulcer is filled up with sound flesh, the remaining part of the cure consists in the formation of a cicatrix. This is frequently the work of nature; but, in many cases, when every deficiency appears to be supplied, still a cure is tedious; the surface of the sores remaining raw, and discharging freely. In such cases, the sores should be washed twice a day with simple lime water, or with some of the astringent washes, (see Recipe 29.)

Ulcers of the irritable kind, which yield a thin ichorous discharge, sometimes bloody, and give pain on

being touched, are brought to a favourable state by warm fomentations, as decoctions of marsh mallows, of the tops of wormwood, of camomile flowers, or hops (see *Materia Medica*) and by poultices of the same ingredients, to which may be added bruised flaxseed or oatmeal. But so soon as the irritability of the ulcer is removed, these applications should be discontinued, and the common remedies for ulcers employed.

However, there are cases of irritable ulcers being rendered more painful by the application of any thing warm, and when this happens, such fomentations are not to be employed. There, the sweet oil or saturnine poultices applied cold, will be found most beneficial.

Indolent ulcers which are marked by a backwardness in forming granulations, and in those that are formed, a want of sufficient strength to bring about a complete cure, require stimulating applications, as lime water, solution of kali, or any of the astringent washes (see Recipes 31, 30 & 29.) Lint dipped in either of those solutions that may be found to agree best with the patient, should be applied twice in twenty-four hours to the sore, after being carefully cleansed with castile soap and water. The strength of the solution should be gradually increased every two or three days; for what at first gives considerable pain, will soon lose that effect. Tincture of myrrh, pure or diluted, according to the state of the ulcer, is in many instances a good application, and a decoction of walnut leaves is exceedingly useful in disposing foul ulcers to heal.

In some superficial ulcers, attended with a thickening of the skin, and when there is an unusual coldness of the limbs, without any tendency to mortification, warm salt water has been used with the greatest advantage.

There is nothing of more importance, both in facilitating and ensuring a permanent cure of ulcers on the legs, than compression; which, however, should never be employed until the inflammation has subsided. Soon as this desirable event shall have taken place, and the usual dressings are applied; then the affected part should be covered with several foldings of soft linen rags, and

the whole secured upon the part with a calico or flannel bandage, three inches in breadth, and four or five yards in length; or rather, as much as will support the limb from the foot to the knee.

This bandage should be applied with as much firmness as can be borne by the patient, and as much evenness as possible, by passing it first round the leg at the ancle joint, then once or twice round the foot, and afterwards up the limb in a spiral manner, until it reaches the knee, observing, that each turn of the bandage have its lower edge about an inch above the lower edge of the fold next below. If the compression should give pain and produce inflammation, the part that is affected should be moistened with cold water, poured from a tea-kettle or tea-pot, and repeated as often as the above symptoms may indicate the necessity.

Should any disease prevail, its removal must first be effected. If the patient be weak, the diet should be nutritious; and tonic medicines, as bark or the nitric acid, given in their usual doses. But if, on the contrary, of a plethoric habit, he should observe a spare and cooling regimen, and take a tea-spoonful of cream of tartar and flour of sulphur, thrice a day. In obstinate cases, small doses of calomel until the system is affected with it, or the use of poke-berry bounce, will assist the cure.

WOUNDS.

The cure of all wounds is affected in two ways, either by adhesion or suppuration; and previous to attempting either of these modes, the hemorrhage or further effusion of blood should be restrained, and any extraneous substance removed.

Hemorrhages are to be restrained, by the application of dossils of lint, or by the tourniquet, or pressure with the hand, above the wounded part, until a ligature can be applied.

In dangerous hemorrhage, or bleeding in the extremities, I have known the curative operations wonderfully assisted by simply raising the limb as perpendicularly as possible. In the erect posture, the gravity of the blood

so checked its velocity, as to enable the surgeon with great care to stop its effusion, which he had not been able to effect while the limb was pendant, and its vessels distended with blood.

Simple as this suggestion may appear, it is a new discovery in the science of healing, for which we are indebted to professor Physick, whose extraordinary skill in that noble art, has conciliated to him that very amiable title, "the American Hunter," and for safety of all surgical operations has placed Philadelphia on the same high level as Edinburgh itself.

When ligatures are necessary in consequence of large arteries being wounded, the following rules are to be observed in applying them. If you have no tourniquet, take a garter or a cord, make a small linen cushion about four or five inches long, three broad, and about two thick, or roll up a handkerchief hard, in a similar form, and lay it on the trunk of the artery above the wounded part; pass the garter or cord, over the handkerchief, round the limb; tie a knot leaving a proper space; and then twist the ligature with a piece of stick, until the hemorrhage is completely restrained; you are then to prepare a ligature, formed of two or three white waxed threads proportioned to the size of the vessel; after which slacken the bandage, in order by its hemorrhage, to discover exactly the situation of the artery, and with a *tenaculum* or a crooked needle, stick its point into the coat of the artery, and draw out the latter for an eighth of an inch, when a ligature, previously placed over the instrument in the manner of a ring, by one of the ends being put twice through the other, termed the surgeon's knot, is to be pulled over the point of the needle by an assistant; and when upon the vessel, its two ends should be drawn gently, until the sides of the latter are compressed. A second knot, if the artery is large, may be then made, after which the instrument is to be removed, and the ends of the thread or ligature cut off, at such a distance, that they may hang at least one or two inches without the edge of the wound.

When a small artery is wounded, if it be divided, it

retracts, and the hemorrhage presently ceases. If it is punctured, the wound should be enlarged, and then the artery may be tied, if proper pressure proves ineffectual. Sand, dust, or small pieces of glass, &c. are best removed by washing the parts in warm water, either by means of a sponge, or of a syringe.

In the third place as the principal object, proceed to the employment of these means, which will probably heal the wound in the most easy and expeditious manner; for the longer this is neglected, the less is the part disposed to heal. Whenever the nature of the injury will admit of it, the divided parts should be immediately brought into contact, the irritation excited by the wound itself, will then generally be productive of a certain degree of inflammation, which will accomplish a union in the course of a few days; however, in relaxed habits, with symptoms of debility, the application of some stimulants, as Turlington's balsam, spirit, or balsam of apple, will be required to produce that effect. The wound is then said to be healed by the first intention, and this mode of cure should always, when practicable, be attempted. The means of drawing and preserving divided parts in contact, are bandages, adhesive plasters, and sutures. With respect to the two first, these should always be preferred to the latter, in wounds that do not penetrate to any considerable depth.

The mode of applying adhesive plasters is by straps; one half of which is fastened on one side of the wound, and the other on the skin, on the other side of the wound, drawing it tight, and hold it firm until the warmth of the part secures it; but if the wound is deep, this contact of the sides must be made by sutures.

In forming sutures, it should be observed, that one stitch, or suture, is sufficient for every inch of wound, and that the ligature or stitch should always be carried near the bottom of the wound, and the threads passed from within, outwards. Thus, a needle being put upon each end of the same thread, well waxed, and each of the needles inserted at the bottom of the sore when pushed outwardly, about half an inch to an inch from the edge of

the wound, according to its depth, will form one stitch, and the needle being withdrawn, the same thing is to be repeated, according to the extent of the wound. When all the stitches are completed, the lips of the wound are to be pressed together, and supported in that position, until the ligatures are tied in the manner as already directed for making a surgeon's knot.

It is of consequence to observe, that where the use of sutures or adhesive plasters has been neglected at first, they may be employed with advantage during any stage of the sore, as the parts will unite at any time very readily; and it will expedite the cure very much, to bring the edges of the ulcer into contact, whenever it can be done. When the parts are brought together, in the manner directed, in order to prevent the access of air, it will be proper to cover them with lint spread either with a thick mucilage of some mild gum, or some bland ointment, as the simple or saturnine, (see Recipe 67 and 68,) or in debilitated or relaxed habits apply Turlington's balsam, (see Recipe 59.)

The first dressings of wounds should never be removed, until the cure be completed, or until they appear to be covered with matter, unless the pain in the wound becomes severe, and is productive of much inflammation; and then the dressings should immediately be removed, and the parts gently rubbed with some olive oil, and a plaster of saturnine cerate, spread on soft lint, applied. If this prove insufficient, and the inflammation is observed to rise still higher, a separation of the lips, the stitches tense, and the points where stitches pass, particularly inflamed, cut the ligatures, and take away every thing that is like stricture upon the wound. All hopes of procuring adhesion must now be abandoned, and the wound should be brought to a speedy and plentiful suppuration, by flaxseed, or milk and bread poultices, often renewed; and as soon as there is a full appearance of pus, with relief of the more violent symptoms of inflammation, the poultices should be laid aside, and the sore then treated as a simple ulcer.

When the sutures or plasters have been applied, and

the symptoms of pain and inflammation continue moderate, they may generally be removed about the fifth or sixth day, as a union will by that time be produced.

Gun-shot,* or lacerated and contused wounds, as marked by their ragged and unequal edges, are the most dangerous of all others, from their disposition to gangrene. Hence it is obvious that in these wounds, the means to guard against mortification should be early employed. In the treatment of wounds of this description, three stages are to be observed in its progress, which may be termed the inflammatory, suppurant, and the incarnating. In the management of the first or inflammatory stage, especially if the patient complain of much pain, blood-letting should be had recourse to, and repeated according to the violence of inflammation and strength of the patient; and if possible to procure leeches, these should be applied near to the edges of the sore. Emollients are then to be used, as pledgets of mild ointments on the wound, with poultices of bread and milk, or flaxseed laid above, and renewed every three or four hours, in order to promote a speedy suppuration, which are the best means of preventing gangrene. When the pus is freely formed, a separation of the most injured parts takes place, and as soon as they have come away, the edges of the wound may be brought together by plasters or bandages, but no kind of suture should be employed; and the sore will then come to be treated as a simple ulcer.

In the second or suppurant stage, the chief point is to check the excess of suppuration, and dispose the wound

* Speaking of gun-shot wounds reminds me of a most awful and melancholy event, which not long since took place in Charleston, S. C.—I mean the death of the great physician and historian, Dr. David Ramsay.

This gentleman, whose urbanity of manners, and extraordinary literary acquisitions, had rendered him the brightest ornament of science and society, was suddenly cut off amidst his usefulness to his family and country, by the pistol of a lunatic. The untimely fate of so truly amiable a man, and so distinguished a physician and patriot, as Dr. Ramsay, will long be remembered with the deepest regret.

to heal. This depends on a light nourishing diet, with wine, and the plentiful exhibition of bark, and elixir vitriol.

The third or incarnating stage is promoted, by placing the member in a proper position, to give a free discharge of matter, assisted by pressure at the same time, and by opening every collection which appears; by removing splinters, bones, or whatever causes irritation—and by healing with astringent dressings of lint, dipt in the solution of kali, lime water, or any of the astringent washes (see Recipe 29) when the discharge is excessive.

In the progress of wounds, certain constitutional symptoms arise, that demand particular attention; these are pain, inflammation and convulsive affections. The first of these, usually goes off in a short time, by attending to the posture and ease of the wounded part, and removing any extraneous irritation; but when it continues very violent, and for a longer time than usual, it will be necessary in the first place, to try the effects of laudanum, in doses of eight or ten drops every two or four hours; and when the inflammation is violent, to unload the vessels by topical bleedings; which may be further aided by fomentations and emollient poultices. If these are not sufficient, and the pain still continues acute, it probably depends on a partial separation of nerves; to relieve which, a complete division of them should be made. The latter complaints are spasmodic, which vary in degree from the slightest convulsive twitching, to the highest state of spasm in the attack of the lock-jaw. They are frequently the effects of trifling injuries, a small scratch for instance, which does not penetrate to a greater depth than the skin, will sometimes induce them; and when they happen as the consequences of large wounds, they do not make their appearance until the sore seems nearly healed.

Upon the first symptoms of these affections the patient should be immersed in a bath of warm water, soap-suds or a ley made with wood ashes, as long as he can bear it, and opium should be exhibited in pretty large doses, every two or three hours, as the symptoms

may indicate. When this fails, the malady is to be treated by remedies prescribed for tetany.

The constitutional treatment of wounds requires, during the inflammatory stage, the strictest attention to the cooling regimen, a low spare diet, an occasional use of laxatives, and the wounded part kept in such a situation as affords most relief. When suppuration is formed, a fuller diet will then be necessary; and if the discharge of matter is excessive, bark and elixir vitriol must be employed.

MORTIFICATION.

The word mortification, in its present acceptation, or meaning, is generally supposed to have place where the circulation is no longer performed through the diseased part, which generally turns blackish, and becomes putrid, producing a separation of the diseased surface from the sound flesh, like an *eschar*, in consequence of a caustic having been applied. In the incipient stage of this disease, which is termed gangrene, there is generally a very high degree of inflammation, and a swelling of the parts affected, with some vesications, like those from scalds, but of different colours, according to the extravasated fluid, with which they are replete; sometimes pellucid or yellow, at other times black or brownish.

While things are in this state, attempts should be made to prevent a sudden change to a mortification: but, in order to effect this, it must be observed, that a tendency to mortify, may be owing to very opposite causes: it must therefore be extremely obvious to every man of consideration, that there cannot be any thing properly a specific for a disease, where a *plethora* or fulness is the cause in one subject, and inanition in another.

We know very well that all inflammations may terminate in mortifications. It is also of importance to know that where there is a languid circulation, as in old age, or in cases of excessive debility from protracted

fevers, the extremities not only threaten soon to become gangrenous, but the progress to mortification is often very rapid under such circumstances: for, not only the vital heat is deficient, but the vessels themselves are frequently diseased, and though duly distended with blood, are incapable of reacting on the contained fluid, which consequently in time must stagnate in the small vessels.

Hence it is obvious, that a mortification may proceed from a circulation that is too rapid, or too languid; and consequently, the treatment must vary according to circumstances, and the cause of disease.

In the first case, general blood-letting, diluent drinks, with nitre dissolved in them, and the cooling regimen in every respect, are indispensable for its cure. And in the second, a liberal use of cordials and invigorating medicines, as wine and bark, to raise and maintain the vital heat, and to check the progress of putrefaction, can alone be depended upon.

When the mortification proceeds from too languid a circulation, or when there is much pain, opium or laudanum is one of the greatest cordials, and should be taken freely every three or four hours, but not in such doses as to produce its narcotic effects.

The best external application to arrest the course of gangrene or mortification, is to apply a blister over the gangrenous part, sufficiently large to cover one or two inches of the sound flesh, and afterwards to dress the part with cataplasms, made of bark or charcoal powder, (see Recipe 5,) and yeast, to be renewed every three or four hours, or as often as they acquire a putrid smell.

When the mortified parts begin to separate, remove no more at each dressing than comes away without pain or loss of blood, and as soon as the gangrene stops, and granulations of good flesh appear, it is to be treated as a simple ulcer.

SPRAINS AND BRUISES.

In the treatment of sprains and bruises, the chief point is to give an instantaneous vigour to the solids, so as to prevent the increase of effusion. Hence the part should be instantly plunged into cold water. After this, cloths wetted with vinegar or lead water, to which laudanum may be added, should be applied, and renewed as fast as they grow warm, until the pain and inflammation have somewhat subsided. The sprained part may then be dressed two or three times a day, with a bandage of brown paper, dipt in warm vinegar and spirits, or embrocated with opodeldoc or volatile liniment, (see Recipe 64); always observing to preserve the part in the easiest and most relaxed posture.

In addition to this local treatment, if the patient be of a plethoric habit, or the injury very severe, blood-letting, cooling cathartics, and a light diet are particularly enjoined. When bruises have been neglected at the onset, or become painful, warm fomentations of bitter herbs, are extremely useful; and their good effects will be considerably aided, by applying the ingredients themselves as a poultice to the part as warm as can be borne, and sprinkled with a little finely powdered camphor.

After serious sprains, the patient often complains of weakness and uneasiness in the injured parts. In such cases a stream of cold water, poured on the part at a considerable height, from the spout of a tea-kettle or pitcher, two or three times a-day, completes the cure, especially, if a flesh brush or flannel be vigorously used immediately before and after the application. Some assistance will likewise be obtained, by the use of a bandage or roller, to confine the swelling when that symptom occurs.

DISLOCATIONS.

What is termed a dislocation, is the removal by force of an articulated bone, from its natural situation, which is easily known by a degree of protuberance on one side,

equalled by a corresponding hollow on the other; by comparing the joint of one member injured with its fellow; by an inability to move the injured limb, and by pain and tension in the part affected. In whatever part a dislocation happens, it is of great importance to have it reduced as soon as possible; because, by delay, the operation becomes extremely difficult, and very frequently rendered impracticable, after the inflammation and swelling have come on.

Therefore, whenever this accident happens in the country, if medical assistance cannot immediately be obtained, the most intelligent person present should reduce the bone.

In the replacing of dislocated limbs, the principal object to be attended to, is the mode in which the extension is made; for the success of the operation depends more on this, than the force with which it may be applied. Therefore gradually extending from one side to the other, and gently moving it upwards and downwards, is more likely to succeed, than strong extension in a right line: the force should be begun very gradually, and increased slowly at each trial, in case it resists the first. In case of a luxation being obstinate to reduce, bleeding so as to cause faintness, may often be used advantageously, and whilst the patient is in a weak state, there is a greater probability of success, from extension well directed; the operator at the same time, endeavouring with his hands to replace the dislocated end of the bone.

After the bone is replaced, compresses made by two or three folds of old linen, wetted with vinegar or lead water, should be constantly applied to the part, in order to obviate inflammation; and the limb should be retained in its natural situation, by bandages, which should neither be applied over tight, nor over loose; as in one case they would compress too much, and in the other they would be no use to the parts.

Where inflammation has taken place, before the reduction is accomplished, it cannot be performed until that is overcome. For this purpose we must adopt the antiphlogistic plan, such as bleeding, keeping the bow-

els in a laxative state, by the occasional use of the cathartic mixture, (see Recipe 11) and using warm drinks, together with the camphorated powders, and antimonial solution (see Recipe 2 & 6) in their usual doses, in order to promote perspiration.

DISLOCATION OF THE JAW.

The lower jaw may be luxated by yawning, blows, falls, chewing hard substances, or the like. This accident may be known to have taken place, from the patient's being unable to shut his mouth, or to eat any thing. The chin, likewise, either hangs down, or is wrested to one side; and the patient is neither able to speak distinctly, nor to swallow without considerable difficulty.

The common method of reducing a dislocated jaw is to place the patient upon a low stool, in such a manner that an assistant may hold the head firm, by pressing it against his breast. The operator is then to push his two thumbs, protected with linen cloths that they may not be bitten, when the jaw slips into its place, as far back into the patient's mouth as he can, and then, with his fingers applied to the outside of the angle of the jaw, endeavour to bring it forward, till it move a little from its situation. He should then press it forcibly downwards and backwards, by which means the elapsed heads of the jaw will immediately slip into their place.

DISLOCATION OF THE SHOULDER.

The humerus or upper bone of the arm is the most subject to dislocation of any in the body, and may be luxated in various directions: the accident, however, happens most frequently downwards, but very seldom directly upwards. This dislocation may be discovered by the patient's inability to raise his arm, as well as by violent pain in attempting it, and by a depression or cavity on the top of the shoulder. When the dislocation is downward or forward, the arm is lengthened, and a ball or lump is perceived under the arm-pit; but when

it is backward, there appears a protuberance behind the shoulder, and the arm is thrown forward towards the breast.

The usual method of reducing a dislocation of the shoulder is to set the patient upon a low stool, and to cause an assistant to hold his body firm, while another lays hold of his arm a little above the elbow, and gradually extends it. The operator then puts a napkin under the patient's arm, and causes it to be tied behind his own neck. By this, while a sufficient extension is made, he lifts up the head of the bone, and with his hands directs it into its proper place. In young and delicate persons an operator may generally reduce this dislocation by extending the arm with one hand and thrusting in the head of the bone with the other. In making the extension, the elbow ought always to be a little bent.

If much difficulty occur in the operation, blood-letting, sometimes so far as to produce fainting, becomes necessary. This remedy seldom fails to facilitate the reduction.

DISLOCATION OF THE ELBOW.

The bones of the fore-arm may be dislocated in any direction, but most commonly upwards and backwards. In this luxation, a protuberance may be observed on that side of the arm towards which the bone is pushed; from which circumstance, joined to the patient's inability to bend his arm, a luxation at the elbow may be known.

For reducing a dislocation at the elbow, two assistants are for the most part necessary: one of them must lay hold of the arm above, and the other below the joint, and make a pretty strong extension, while the operator returns the bones into their proper place. The arm must afterwards be bent, and suspended for some time with a sling about the neck.

Dislocations of the wrist and fingers are to be reduced in the same manner as those of the elbow, viz. by making an extension in different directions, and thrusting the head of the bone into its place.

DISLOCATION OF THE THIGH.

When the thigh-bone is dislocated forward and downward, the knee and foot are turned out, and the limb is longer than the other; but when it is displaced backward, it is usually pushed upward at the same time, by which means the limb is shortened, and the foot is turned inward.

When the thigh-bone is displaced forward and downward, the patient, in order to its reduction, must be laid upon his back, and made fast by bandages, or held by assistants, while by others an extension is made by means of slings fixed about the bottom of the thigh a little above the knee. While the extension is made, the operator must push the head of the bone outward until it gets into the socket. If the dislocation be outward, the patient must be laid upon his face, and during the extension, the head of the bone must be pushed inward.

Dislocations of the knees, ankles, and toes, are reduced much in the same manner as those of the upper extremities, viz. by making an extension in opposite directions, while the operator replaces the bones. In many cases, however, the extension alone is sufficient, and the bone will slip into its place merely by pulling the limb with sufficient force. It is not hereby meant that force alone is sufficient for the reduction of dislocations. Skill and dexterity will often succeed better than force; and one man who possesses them has been able to perform what the united force of many was found inadequate to accomplish.

INJURIES OF THE HEAD, AND FRACTURES OF THE LIMBS.

If, in consequence of a bad fall or blow, a considerable injury appears to have been received, the sufferer being unable, in consequence of the loss of his senses, to point out the injured part; some consideration is necessary before any attempts are made, even to raise him

from the ground. Because should a fracture of one of the bones have happened, and not suspected by his assistants, their exertions to raise him, and to place him on his feet, might force the ends of the fractured bone through the soft part, and convert a simple fracture into a very dangerous compound one. The limbs, therefore, should be carefully examined; but even if they seem to have sustained no material injury, yet should the patient not be precipitately raised, until something be provided, on which he may be placed; as thereby unnecessary, and perhaps injurious exertions, are avoided.

As it will be fair to conclude, from the deprivation of the senses, that the brain may have sustained some injury, great care should be taken, to convey the patient to his apartment with as little injury as possible, and whilst laying in bed the head should be somewhat raised. If the patient be of a plethoric habit, a moderate bleeding will be required, as soon as possible after the accident; after which the bowels should be evacuated either by purgative medicines or glysters. One or two stools being procured, and if possible the warm bath used, the anodyne sudorific drops, (see Recipe 17,) should next be exhibited, to produce perspiration, and to excite absorption of the extravasated blood; and this mixture should be continued in doses of ten or twelve drops every four or six hours, until the patient is out of danger, observing to keep the bowels open.

During convalescence, the bark, columbo or steel with wine, may be employed. If there be a laceration of the scalp, every attempt should be made to induce suppuration of the part, by the application of warm fomentations or poultices, and this taking place, a relief of all the symptoms will occur, when it is to be treated as a simple wound.

But should it be discovered that a leg or thigh is broken, the patient is not to be stirred until a proper vehicle, as a door, or two or three boards well secured together, is procured, on which he can be placed. To place him on this, two persons may raise him by means of a sheet slid under his hips, whilst one raises him by the shoul-

ders, one person raising the sound leg, and one carefully conducting the fractured limb, which should be placed on a pillow, with the knee a little bent. The best mode of conveyance is undoubtedly by two or four men, and a carriage should never be employed, when this mode can be adopted. As the patient will be under the necessity of lying some time without getting up, much subsequent pain and exertion will be prevented, by preparing the bed in the following manner.

In place of the laced canvass, bottom boards are to be laid across the bed frame, which makes the bed hard and keeps it perfectly level and smooth during the cure. In place of a feather bed, a mattress only is to be laid above those boards; over this another, cut into four parts, with a piece of a sheet sewed round each portion, is to be placed, that they may be shifted under the patient from time to time. On the bed thus prepared, a pillow, like a mattress, flat and firm, is to be laid for receiving the limb.

In setting a broken bone, very little extension is required, nor should tight and firm bandages be used, which give considerable pain to the patient, without the least benefit. In a simple fracture of the thigh or leg, with patients not unruly, very little more is necessary than to restore the foot to a right direction with regard to the leg, and then stretch out the limb on a well made pillow; observing to extend, straighten, and lay it anew, when it is disordered or shortened, without fear of hurting the callus. And when you have placed the limb between two splints, or troughs, made of untanned leather or paste-board, which have been previously soaked and softened, the whole braced down with ribbons or tapes which may preserve it steady, you have done every thing.

Having prepared two long troughs, or pieces of untanned leather or paste-board bent in a hollow form, lined, or rather cushioned with two or three folds of flannel, with tapes or ribbons, four or five in number, attached to the outside of one of the splints, by which both splints may, after all is over, be gently tied to-

gether, with bow knots, to be slackened or tightened, according to the swelling of the limb; you are then to place these by the side of the fractured leg, and direct one of the assistants to apply his hands broad around the upper part of the limb, and grasp it gently and steadily; take the foot and ankle in the same manner in your own hand; slip your left hand under the broken part of the limb, slide it gently along, and then lay it upon the splints, to which the ribbons are attached.

If the bone cannot be reduced by this extension, endeavour to force it in with your thumbs. Begin then to lay the limb smooth; let your assistant again grasp it, by spreading his hands upon the thigh, or below the knee, with the design of extending, along with you, not by lifting the leg from the pillow, but rather by keeping it down, and steadying it by pressure, while you, with both hands, lift the foot and ankle; grasp them gently, but firmly; raise them a little from the pillow, and draw gently, steadily, and smoothly. When you have thus extended and smoothed the broken leg, in a manner which you almost suppose agreeable, rather than painful, to the patient, press it down gently, and steadily, upon the lower splint; the upper is then to be laid above it; and by grasping the soft and moistened splints, you must model them a little to the shape of the limbs. When the whole has taken a form, tie several tapes, one after another; and after having tied them in a general way, go over them again, one by one, and tie them a little closer, so as to keep the limb agreeably firm.

The process is either slower or more imperfect in children and old people: their bones, therefore, are more apt to be broken again; hence with them the splints should be kept longer applied. On particular occasions also, particular precautions must be taken. Thus with delirious patients, and those who are liable to sudden motion, as when at sea, the limb after being set must be laid between two pillows, and the pillows fastened to the bed. It is also, sometimes necessary to make the splints more secure, and this may be done by soaking a roller or bandage in whites of eggs, mixed with a little

flour; or by strewing a little powdered rosin on the bandage, and afterwards soaking it with spirits of wine; or finally by soaking the bandage with fine glue, which makes a firm case, and is far from being offensive.

Lastly, though splints and bandages in general are unnecessary during the cure; yet, when a patient rises from bed, rests the weight of his body on the fractured bone, and begins to be exposed to accidents, the splints laid along the limb, should be made firm by a bandage or roller as above described, to prevent those accidents which may be incurred by precipitation and rashness.

In fractures of the arm, the parts hang naturally in the best posture, and require but two splints of thin paste-board, rolled gently with a linen roller: and in fractures of the fore-arm, the limb preserves its natural length or form; it requires merely to be laid upon a long splint of paste-board, with a small splint laid above, the two splints being secured with light ribbons or tapes, and the arm from the elbow to the finger's ends supported by a sling or handkerchief round the neck, raising the palm of the hand to the breast, with the fingers moderately bent.

When the arm is fractured between the elbow and shoulder, the fore-arm may be placed in the same position, as already described; but the sling, instead of supporting the whole lenght of the arm, should only support the hand, which should be raised higher than in the former case, the elbow being allowed to sink; its motion, however, being prevented, by a handkerchief passed moderately tight round the trunk, including the fractured arm.

When the small bones happen to be fractured, they must be replaced and retained in their situation, by splints and bandages fitted to the part. In using splints of paste-board or untanned leather, it is always necessary they should be applied in the first instance wet, so as to assume the form of the fractured part. After the first fortnight, the dressings should be occasionally removed to allow some motion of the joints; and then replaced, and daily removed for the same purpose.

When there is an external wound, communicating with the cavity of the fracture, it is termed a compound fracture. This sometimes occurs by the protusion of the bone; at other times by the same force which caused the fracture. In such cases, the bone is to be reduced by carefully attending to the posture of the limb, and by dilating the wound, when the bone becomes girded in it. The wound is then to be dressed with dry lint, in order to allow the blood to coagulate, which will form a kind of scab, and every effort should be made to unite the wound by the first intention, thereby converting the accident to the state of a simple fracture.

Almost all fractures are attended with contusion and consequently swelling; the abating of which is the first step that should be taken towards the cure, and is to be effected by bleeding, if the patient is of a plethoric habit, by mild purges, a cooling regimen, and by the exhibition of the anodyne sudorific drops, as already described: the application to the parts affected should be vinegar or lead-water, with crumbs of bread, or poultices made of stale beer or vinegar and oatmeal, with a little oil to prevent their growing dry or stiff.

The swelling of the limb being subsided, and the callus formed, cold water may be poured through the spout of a tea kettle over the fractured limb every morning to restore the tone of the injured parts.

FRACTURES OF THE RIBS.

The ribs are broken, for the most part, near to the middle.

The accident usually proceeds from blows or falls; and is known by an acute pain in breathing, and a crepitus or grating being perceived, on pressing the rib in different places. By carefully passing the hand over the rib, the inequality produced by the fracture may be sometimes distinctly felt. Coughing produces a crepitation, which is frequently perceptible to the patient himself as well as to the bystanders.

The only treatment necessary, in simple fractures of

the ribs, whether one or several be broken, is to keep the part, during the reunion, as much as possible in a state of rest. This is done by counteracting, to a considerable extent, their motion in respiration. To effect this, a bandage, six inches wide, is to be passed repeatedly round the chest, as tightly as the patient can suffer it to be drawn. Its slipping down may be prevented by means of a shoulder strap.

Instead of a roller, a jacket, of strong linen, capable of being drawn very tight, by means of tapes, may be used. Until the reunion be completed, the patient should be kept as quiet as possible.

If the lungs be wounded by a splinter of the rib, blood will be spit up, and high fever and inflammation will be likely to ensue.

In this case, blood must be drawn copiously from the arm; and the patient be treated, in all respects, as if he were labouring under pleurisy.

BLOOD-LETTING.

The art of opening a vein, and the necessary cautions respecting the operation, should be learned by every one; since cases of emergency may happen, when the necessity of its being performed is evident, and where life may be lost before medical assistance can be obtained. Another qualification necessary to be possessed, is that of being able to stop the flow of blood from a vein thus opened.

To bleed, you are to apply a ribbon or ligature with some degree of tightness, an inch or two above the elbow joint; and as soon as a vein is conspicuous, place the thumb of your left hand about an inch below the place of your puncture, and then with your right hand, holding the lancet firm betwixt your thumb and fore finger, make an incision obliquely into the vein, without changing its direction, or raising the handle, lest the point, being lowered in proportion, should cut the under part of the vein, or perhaps even wound an artery.*

* To discriminate between an artery and vein, is a matter of the utmost importance. This is readily done if proper attention be paid.

When the quantity of blood you wish, is drawn, untie the ligature, and close the orifice. To accomplish this, let the thumb be placed on the orifice, so as to bring its sides together, and to press it with a moderate force. The flow of blood will now be stopped, and the operator with the hand, must introduce a compress, made by twice doubling a piece of linen about two inches square, between the orifice and his thumb; over this place another compress, three or four inches square, of a thickness sufficient to fill up the hollow of the bend of the arm, confining the whole with a ribbon or tape, passing over the compress, and above and below the elbow, in the form of a figure eight, finishing with a knot over the compress.

If the bleeding continue obstinate, the sleeve of the gown or coat above the orifice, ought to be ripped or loosened—and if this do not succeed, the lips of the incision should be brought nicely together, and while they are compressed firmly by the thumb of the operator, the coldest water should be poured on the arm, or the orifice washed with sharp vinegar. The placing of a piece of adhesive plaster over the orifice in the vein, generally succeeds in checking the flow of blood.

To bleed in the foot, a ligature must be applied above the ankle joint, and after opening the most conspicuous vein, if the flow of blood is not copious it may be increased by immersion of the part in warm water. On removing the ligature, the blood will readily cease to discharge, and a piece of court plaster is the best bandage.

Topical blood-letting is executed by the application of leeches, as near as possible to the part affected, or by a scarificator, or an instrument with a number of lancets acted upon by a spring.

The chief mark of distinction is, that the *artery* has a pulsation, which the *vein* has not.

But frequently it happens, that an artery lies so immediately under a vein, that its pulsation may be felt through the vein. In such cases it will be prudent not to open the vein unless the operator is skilful; for it must be attended with danger.

When leeches are employed they must be previously prepared by drying them, or allowing them to creep over a dry cloth; the part also to attract them, should be moistened with cream, sugar or blood, and they confined on it by applying a wine-glass over them.

When the scarificator is used, as soon as a wound is made, a cup exhausted of its atmospheric air, by burning over it for a few seconds, a bit of soft paper, dipt in the spirit of wine, and on the flame of which being nearly exhausted, must instantly be applied over the scarified part; when full, it is easily removed by raising one side of it, to admit the air. When you have taken away in this manner a sufficient quantity of blood the wounds are to be covered with some cream or mild ointment.

In the operation of blood-letting, certain morbid consequences at times arise, which demand a special treatment.

The most common of these, are a swelling of the part termed *eccymosis*, and when it occurs, shifting the position of the arm, so as to induce a free discharge, will lessen the tumour, if not entirely remove it. Should this fail, compresses dipt in the solution of sal ammoniac or brandy are to be applied. These also failing, and the swelling still continuing without any diminution, the tumour must be opened, and after removing the coagulated blood, the sore is to be treated as a common wound. This result, however, very rarely occurs.

Another consequence which sometimes follows blood-letting, is an acute pain, immediately felt on the introduction of the lancet, and communicated from the part to the extremity of the member. The treatment of this complaint consists in the early use of cloths, wrung out of lead-water, applied to the part, and adopting in every respect the antiphlogistic plan, as blood-letting, cooling cathartics, and a low diet, to obviate inflammation.

This treatment not succeeding, laudanum must be given in large doses; which also failing, a free division of the nerve or tendon, which was pricked with the lancet, is the only remedy left.

The last accident requires to be noticed, is the wound-

ing of an artery, which is known immediately after the operation, by strong compression of the vein, above and below the orifice, by the tremulous motion in which the blood flows, and by not being able to stop the discharge as usual. The cure of this affection may be attempted in the early stage, by compression, and observing the antiphlogistic regimen. On their failing, the tumour must be extirpated, and then the ends of the vessel secured by means of a ligature until a reunion of the parts is effected; when the circulation is made to pursue a different channel.

ISSUES.

These are a kind of artificial ulcers, formed in different parts of the body, for the purpose of procuring a discharge of purulent matter, which is frequently of advantage in various disorders. Practitioners were formerly of opinion that issues served as drains, to carry off noxious humours from the blood; and therefore they placed them as near the affected part as possible. But as it is now known that they prove useful partly by the quantity of matter which they produce, and partly by sympathy, they are generally placed where they will occasion the least inconvenience. The most proper parts for them are, the nape of the neck; the middle, outer, and fore-parts of the shoulder; the hollow above the inner side of the knee; or either side of the back-bone; or between two of the ribs; or wherever there is a sufficiency of cellular substance for the protection of the parts beneath.—They ought never to be placed over the belly of a muscle; nor over a tendon, or thinly covered bone; nor near any large blood-vessel. The issues commonly used are, the blister-issue, the pea-issue, and the seton or cord.

When a blister-issue is to be used, after the blister is removed, a discharge of matter may be kept up by dressing the part daily, with an ointment mixed with a little of the powder of cantharides, or Spanish flies. If the discharge be too little, more of the powder may be used; if too great, or if the part be much inflamed, the issue-ointment may be laid aside, and the part dressed with

basilicon, or with common cerate, till the discharge be diminished, and the inflammation abated.

It is sometimes most proper to use the issue ointment, and a mild one, alternately.

A pea-issue is formed either by making an incision with a lancet, or by caustic, large enough to admit one or more peas; though sometimes, instead of peas, kidney-beans, gentian-root, or orange-peas, are used. When the opening is made by an incision, the skin should be pinched up and cut through, of a size sufficient to receive the substance to be put into it. But when it is to be done by caustic, the common caustic, or lapis infernalis of the shops, answers best. It ought to be reduced to a paste with a little water or soft soap, to prevent it from spreading; and an adhesive plaster, with a small hole cut in the centre of it, should be previously placed, and the caustic paste spread upon the hole. Over the hole an adhesive plaster should be placed, to prevent any caustic from escaping. In ten or twelve hours the whole may be removed and in three or four days the eschar will separate, when the opening may be filled with peas, or any of the other substances above mentioned.

The seton is used when a large quantity of matter is wanted, and especially from deep seated parts. It is frequently used in the back of the neck for diseases of the head or eyes, or between two of the ribs in affections of the breast.

When the cord, which ought to be made of threads of cotton or silk, is to be introduced, the parts at which it is to enter and pass out should be previously marked with ink; and a small part of the cord being besmeared with some mild ointment, and passed through the eye of the seton-needle, the part is to be supported by an assistant, and the needle passed fairly through, leaving a few inches of the cord hanging out. The needle is then to be removed, and the part dressed. By this method matter is produced in quantity proportioned to the degree of irritation applied; and this can be increased or diminished by covering the cord daily, before it is drawn, with an irritating or mild ointment.

ADMONITORY HINTS TO LADIES.

IF we consider but for a moment, the wonderful power which superior beauty exerts over the human breast; how instantly at sight of a lovely woman, the hearts of the young are thrown into the most delightful palpitations; and the looks of the aged brightened with admiration and pleasure; we can no longer wonder that it should be so highly prized by the other sex. But it is to be lamented that such preposterous means should be employed to gain an end so desirable, and that real beauty should be so often mistaken.

Thus, some girls fancy that beauty can only exist in forms slender and delicate. At the very thought of being corpulent, they are alarmed, and to obviate grossness, as they call it, they drink such quantities of vinegar as not only destroy the tone of the stomach, but introduce a withered ghastly paleness. For the same purpose they continue the absurd practice of wearing oppressive jackets or corslets; which, by compressing the ribs, prevent the expansion of the lungs.

Another imprudence, and still more detrimental, is that of appearing at assemblies in winter, in light dresses, exposed to the baneful effects of *cold*, with the aggravating addition of extraordinary warmth, by the fatigue of dancing; hence consumptions and a train of maladies, too long to be here particularly described, are produced.

There are others who, reading of the fair skinned belles of Europe, foolishly conclude that the *rose* and the *lily* are the only colours of *beauty*.

Catching at this female passion for fair and unfreckled faces, the quacks have prepared a number of *nostrums*, called cosmetics or beautifiers. These, they vauntingly profess are to heal the chaps on the lips—to remove pimples—and freckles—and to give the coun-

tenance such a fair, smooth and charming appearance, as to render it impossible for any one to contemplate it without being enamoured. But unfortunately, these boasted *cosmetics*, instead of heightening the polish and charm of beauty, too often contribute to tarnish and destroy it.* The truth is, *beauty* is not the creature of a quack, but the gift of nature; and to bring it to perfection, nothing more is necessary than exercise, cleanliness, temperance and cheerfulness. These are the handmaids of health; and *health*, to persons of certain symmetries and expression, is *beauty*.

How much then is to be deplored, that so many of our young females, should think so meanly of exercise, which alone brings the female frame to perfection—paints it in the loveliest colours—and by giving richness to the blood, and vigour to the nerves, disposes to habitual cheerfulness, and alike qualifies the mind for thought, and the heart for love.

On the contrary, how different is the female who leads an inactive and sedentary life, too generally looked on as proofs of a fine modern lady, which seldom fail to relax the system—retard the circulation—vitiate the blood, and obstruct the secretions. Hence, that chalky paleness of the face—that faintness of the eyes—indigestion—flatulence—weak nerves—low spirits—irregularities of nature—and constant complainings.

Yes, many a girl by constant muffling and housing herself; by dreading that the sun should ever kiss her cheeks, or the wind ruffle her tuckers; by much indulgence in bed, and other imprudencies, renders herself so exceedingly pale, and delicate, and puny, that her appearacce is better fitted to damp love than to excite it.

* To such of my readers as are partial to the use of cosmetics, an infusion of horse radish in milk is recommended as one of the best and safest. Another innocent preparation for clearing the skin of pimples, and recent eruptions, is the expressed juice of house-leek, mixed with an equal quantity of sweet milk or cream. When these fail, blistering the face all over the eruptions will often succeed in removing them.

MENSTRUATION.

One of the principal constitutional characteristics of the female, is menstruation, or the monthly evacuations peculiar to the sex.

This important operation generally takes place about the age of twelve or thirteen, but varies through the world, either in degree or frequency, both from constitution and climate. Its return is generally once a month; and in robust constitutions it continues for a shorter period, than in the more weakly.

It is of importance for women to know that occasional irregularities are not always the consequence of this disease. Constitutions vary as much in respect to the regular returns of this discharge, as they do with regard to its first appearance, or its final cessation. Those in whom the change occurs very early from vigour of constitution, require little to be done for them; but in weaker and less plethoric young women, the non-appearance of this evacuation is too often considered as the cause, whereas it ought to be viewed as the effect, of the state of the habit unpropitious to its taking place. And according to family practice, under this false impression, warm teas and forcing medicines are employed at the approach of this disease, which have often done much harm.

Nature is not so defective in her own judgment as to require such auxiliaries. Care should be taken so to manage the habits of their lives, as to improve the general state of their health, by attention to diet, moderate exercise, change of air, and cheerfulness, which will be found to have the happiest influence on the body and mind, and gives a salutary impulse to the circulation of the blood.

When the habit of a young woman is full, and the complexion fair and florid, a low diet, cooling cathartics, and bleeding, will be proper to relieve some occasional indisposition; but the same complaint must be treated differently, if the constitution be backward, the

frame delicate, and the person of a melancholic temperament. In such cases a nourishing diet, change of air, gentle exercise, particularly riding on horseback, with strengthening medicines, as the rust or tincture of steel, or the tonic powders in their usual doses, together with the occasional use of the stimulating purgative pills, (see Recipe 4 and 21) to keep the bowels in a regular state, are best calculated to assist nature.

For the spasmodic pains of impeded menstruation, when the above means have failed of affording sufficient relief, a foot bath about the temperature of the blood, may be used with advantage on the eve of menstruating. Sitting over the steam of warm water may also assist, and when these are insufficient, a grain of opium combined with six grains of camphor, should be given at bed time.

With respect to the immoderate flow of the menses, all women know what is its ordinary quantity and duration; but they should also remember, that what is to one woman a just and due proportion, would be to another, from the difference of constitution and temperament, an immoderate flow; and before they attempt to restrain it, let them carefully consider, what may have been the exciting or occasional cause. They are too frequently told that such a situation arises from mere debility; and under that belief will take cordials and stimulating medicines. In general this is not the case, and by such improper treatment, the flow is increased, and the habit rendered feverish.

In every case where there are febrile symptoms, an amendment cannot take place until the antiphlogistic plan, such as bleeding, nitrous medicines, cooling cathartics and a low diet, with rest, are adopted.

When the hemorrhage is sudden and profuse, the clothing which may occasion the least interruption to the free circulation of the blood should instantly be removed, and the patient placed in a recumbent posture, enjoying cool air. Every thing which is drank should be as cold as possible, and cloths dipped in cold vinegar and water, should be frequently applied to the loins

and abdomen. Preparations of sugar of lead and ipecacuanha, (see Recipe 22) are highly important in this complaint, where the hemorrhage is profuse.

When flooding has induced much debility in the system, it will be proper during the interval of menstruation to employ cold bathing and tonic medicines. The occasional cause should in all cases be particularly avoided, as by these means only the disease is to be prevented.

A few observations in this place on the fluor albus, or whites, may with propriety be introduced. This troublesome complaint, in like manner as the preceding condition, is too often considered by the sex, as the effect of general weakness in their habit. They are therefore, again led to the indiscriminate use of heating and tonic medicines, as wine, bark, &c. without regarding the habit of body or cause of the disease.

Local complaints of the chronic kind are commonly unconnected with constitutional causes; but by the mismanagement of them, women either infect the constitution with them, or they increase them, through having injured the general condition of the habit..

It is under chronic local complaints of all kinds, even in both sexes, that so much more good may be done, by doing but little cautiously, and trusting much to time, under the secret and salutary agency of nature. A sick person should not therefore deem the physician's prescription trifling, as to the end desired, because it may appear in itself of little importance.

A milk diet, change of air, and the partial cold bath, as sponging the loins and thighs with cold water every morning, with attention to cleanliness and proper exercise, and avoiding the occasional causes, are often sufficient to effect a permanent cure. However, in addition to this plan of treatment, when the disease arises from debility, or laxity of the vessels of the parts, the balsam capiva, and the tonic powders or pills, or the rust of steel alone, in their usual doses, may be employed with the greatest advantage.

Ten grains of powdered rosin taken three or four

times a day, in the yolk of an egg, or a little molasses, is an excellent remedy in this disease.

If the discharge should continue after the employment of these means, a strong infusion of green tea or oak bark, to which a little alum may be added, should be thrown into the vagina several times a-day, and the tincture of cantharides taken in some mucilaginous drink, in doses of twenty or thirty drops, thrice a-day.

In respect to the final cessation of the menses, it is brought about by a particular change in the condition of the womb itself, and not through any material alteration in the constitution. How absurd it is therefore to set up any power to act in opposition to this established law of the animal economy. With these important changes of the constitution may sympathize, and be discomposed, if improperly treated; but by the laws of nature, the general health, both before and after these local alterations, may be better, than when under the influence of menstruation, which was solely ordained for one most important function of the woman's life. It is true at that critical period, when the discharge is about to cease, which occurs between the 40th and 50th year of a woman's age, the cessation is sometimes succeeded by a determination of blood to the head, lungs, or bowels; but this is owing to their general temperament, and may be easily obviated by moderate exercise, a spare diet, and the occasional use of aperient medicines, to keep the bowels in a laxative state, and in case she complains of violent headach or giddiness, by bloodletting.

PREGNANCY.

The great varieties of the female constitution occasion pregnancy to be to some of the sex, of no trouble or distress, through the whole period of child-bearing; but it is to others often a continual disease, they being, perhaps, from the very first week to the last of their pregnancy, more or less disturbed in their frame from the peculiar irritability of their habits. The usual pe-

riod, however, that its troublesome sympathies and antipathies prevail, is during the first month, until the time of quickening is past.

In the young and healthy constitution, one of the most early symptoms of the incipient stage of pregnancy, is an uneasiness in the breasts, somewhat differing from what she may have been accustomed to on the eve of menstruation, and soon attended with some sensible addition to their natural fulness and weight, as well as with a particular change in the appearance of the areola, or dark circle round each nipple. The nipples also soon become more prominent, some bulbous or glandular eminences around them enlarge, and a milky fluid will stain the linen, which had not been at all, or so much observed before. These occurrences may justly excite in the mind, the first apprehension of pregnancy, after which, the interrupted course of menstruation generally establishes the certainty of the situation.

Nature would seem, by these early notices, to put the mother immediately upon her guard, that she may not by imprudencies, and too much freedom, disturb the tender embryo.

The most important circumstances to be attended to, in the incipient months of pregnancy, is the costive habit of the bowels. This will more or less accompany the whole period of pregnancy. Its prevention will subdue, if not wholly keep off, some of the troublesome complaints of the stomach; and will often guard, most securely, against some of the exciting causes of early abortion.

The complaints which occur in the early months of pregnancy, require a variety of treatment, in different circumstances.

When symptoms of fulness appear in young women, formerly healthy, and accustomed to live well, indicated by pain or giddiness of the head, and flushings in the face, or when the sickness is constant or excessive, moderate bleedings will be exceedingly useful. But in opposite circumstances, where there is appearance of nervous delicacy, along with symptoms of indiges-

tion, and consequently debility, bleeding must be carefully avoided. In such cases, a nourishing diet, good air, cheerful society, and easy exercise, are most proper.

Bleeding, cautiously used, either to reduce a too plethoric state of the general habit, or to alleviate some morbid affection, is a salutary agent; but it is in general more frequently had recourse to in pregnancy, than it should be, upon very erroneous principles. Because a pregnant woman, though by one of the established laws of nature, is now obstructed, they conceive it proper to draw blood, that the constitution may be freed of an imaginary redundancy, not recollecting that the process of pregnancy is going on, to employ the interrupted menstrual fluid, to the now essential purpose of affording growth and support to the increasing womb itself, as well as to its contents. All the temporary benefits to be derived from blood-letting, may be most safely and permanently attained, by a due attention to the diet, and to the state of the bowels. Vegetables well boiled, and ripe fruits, are exceedingly proper for pregnant women, subject to a costive habit.

When the stomach appears affected, along with constant loathing, or frequent retchings, the offensive matter should be discharged by gentle vomits of ipecacuanha, and the cold infusion of camomile flowers, or columbo root, drank daily. If this affection is accompanied with a plethoric habit, or feverish disposition, small bleedings will generally give temporary relief; and when it occurs in a constitution of the nervous irritable kind, laudanum in its usual doses may be depended upon.

The floodings to which women are liable, at any time of pregnancy, occurs most frequently in the first months, and vary much in their character and tendency. They are more or less attended with danger, according to their frequency, and to the time of pregnancy. In the early months they will sometimes put on the appearance of a copious flow of the menses, and render the sex sometimes doubtful of their situation. This will

happen most frequently in the first and second months, and may be connected with the monthly paroxysm of the womb, aggravated by the existing state of pregnancy. When such hemorrhage has occurred, some injury has most likely been done to the embryo, whereby it is blighted; and about the third month of pregnancy, the patient will miscarry, if she does not at the time that the flooding first happens.

However, by prudent management on the first alarm, such as keeping quiet and cool, by giving internally cold acidulated drinks, and by the application of a bladder with cold water, in which some crude sal ammoniac is dissolved, or cloths wrung out of vinegar and water, to the organ affected, the hemorrhage may be restrained, and abortion prevented. If the discharge should be attended with pain in the back, a dose of laudanum will put a speedy stop to the threatened danger. Bleeding will be found of great service in plethoric habits, to prevent miscarriage; but when the symptoms which threaten it, have already come on, it is improper.

In these cases, women should also be cautioned against adopting the idea, that this symptom arises from debility. Many, from this mistaken notion, have occasioned themselves to miscarry, by having recourse to the use of port wine and bark, by which they have also generally impaired their constitution, and have brought on a disposition to flooding, which has continued many months.

In relaxed habits, the hazard of relapse must be guarded against, by the use of tonic medicines, a nourishing diet, moderate exercise, and the cold bath, but not on its extreme. Sea bathing, or bathing in a vessel in the patient's room, with the water a little warm, three or four times a week, is not only an excellent method to prevent miscarriages, but other disorders which are incident to pregnant women, and generally attendant upon a weak lax fibre. In full habits, or when there is an evident disposition to plethora, gentle evacuations, a

cooling regimen, and an abstemious and spare diet, are the best prophylactics.

The irritable, as well as the plethoric woman, should take heed in time, and guard herself against disturbing the process of conception, in its early stage, by avoiding the occasions of either sudden alarm, fatigue, fever, or whatever might derange the equable state of her health, and by attending to those means for its preservation, which are best suited to her particular constitution.

Women advanced in their pregnancy, are frequently liable to pains in their back and loins, and cramps on the sides of their belly, and legs, and thighs. When they are violent, and the habit is full, small bleedings, gentle laxatives, a light spare diet, and occasional opiates, are the best palliatives. By caution and good management, these occurrences seldom prove any bar to a safe delivery, or a favourable getting up.

Nothing can be of greater importance to a pregnant woman, than cheerfulness. They should therefore not be depressed, by the relation of any unpleasant intelligence. Some women are often greatly disturbed by the account of misfortunes which have happened to others in the same situation.

The impression made on a timid mind, may remain during the whole state of pregnancy. The general health may be thus impaired, and the approach of labour too much dreaded; so that both body and mind are in a less favourable state, than they would otherwise have been. It should be considered, that though difficult and dangerous cases now and then occur, they most commonly terminate well, if properly treated, and their number exceeding small, when compared to the multitude of women who are delivered, and it is probable that it would be still smaller, if the cautions above laid down were properly observed.

We would further caution women against having recourse to cordials, to raise their spirits when low. Their good effects are, at best, but temporary, while they are ultimately baneful to the constitution; and the use of a small quantity too frequently produces the necessity for

a larger, until both the mother and the unborn infant are injured by this pernicious practice. The best cordials for lowness of the spirits in pregnancy, are pure air, moderate exercise, and a light and cautious diet.

There is another affection of the mind of a different character, from which lowness and hysterical indispositions often arise; namely, the force of a pregnant woman's imagination. This is often supposed to reach the infant in the womb, and to occasion marks and other deformities. But every mother may feel confident, that Providence has better guarded the unborn innocent, than to have exposed it to injury, from every variation in the feelings of a parent. Even admitting the possibility of such an influence, it could only take place at a very early period after conception, while the embryo is in its most tender state; and even then, it seems, in a manner, secured by nature against the above accidents, by the peculiar provisions made for its defence in the womb. But it soon attains a sufficient degree of firmness to overcome any sudden or irregular impulse of the blood, from which alone such deformities, or other blemishes, could happen.

The mother should, as much as possible, avoid every occasion of terror, on her own account, when any thing alarming occurs; but, let her not fear that her child will be marked from thence, or, still less, from some hidden operation of a disappointed longing, which most generally does not take place, until the above-mentioned period is passed.

Numberless examples could be produced to convince women that the notion which most of them have, that figures of animals, or other extraordinary marks, are stamped on the face or the body of the fœtus in the womb, by the mere force of the woman's imagination, is a gross error. In every instance it will be found, where a child is marked, the supposed cause of it has never been mentioned by the mother until after its birth; and when a woman has really been alarmed during her pregnancy, and ventured to foretell that her child would be marked, she has as uniformly been delivered of her fears

and her child together, for her prediction has never been verified.*

PROGRESS OF LABOUR.

When a woman, after a preceding day of ease and unusual activity, about the full period of her reckoning, begins to feel some restlessness about her, with occasional pains in her loins and sides; if she further perceive, that the bulk of the belly has fallen, that the motion of the child has not been, for some time, so sensibly and frequently felt, and that she has a nervous hurry of the spirits upon her, with a feverish glow of heat, she may then conclude, that nature feels an inclination to prepare her for the termination of her pregnancy.

Some persons are disposed, at this time, to a laxity

* Dr. Moore, in his Medical Sketches, relates a case so strongly in point, attended with such singular circumstances, that it is worth mentioning here.

"A lady who had a great aversion to monkies, happened unfortunately, during the course of her pregnancy, to visit in a family where one of those animals was the chief favourite; on being showed into a room, she seated herself on a chair which stood before a table, upon which this favourite was already placed. He, not naturally of a reserved disposition, and rendered more petulant and wanton by long indulgence, suddenly jumped on the lady's shoulders. She was terrified, and screamed; but, on perceiving who had treated her with such indecent familiarity, she actually fainted: and through the remaining course of her pregnancy, she had the most painful conviction that her child would be deformed by some shocking feature, or perhaps the whole countenance, of this odious monkey.

"The pangs of labour did not overcome this impression; for in the midst of her pains, she often lamented the fate of her unfortunate child, who was doomed, through life, to carry about a human soul in the body of an ape. When the child was born, she called to the midwife with a lamentable voice, for a sight of her unfortunate offspring, and was equally pleased and surprised when she received a fine boy into her arms. After having enjoyed for a few minutes, all the rapture from this change from pain and misery to ease and happiness, her pains returned, and the midwife informed her that there was still another child. "Another!" exclaimed she, "then it is as I have dreaded, and this must be the monkey after all!" She was however, once more happily undeceived; the second was as fine a boy as the first."

of the bowels, which is by no means an unfavourable symptom; and, in very costive habits, if nature should not relieve herself, it will be advisable to take some gentle aperient medicine, to bring about that which is unquestionably favourable on the eve of every, but particularly the first, labour.

Premature labour is sometimes threatened by pains, which produce, for a while, some real change in the womb, sufficient even to give the practitioner just reason to expect, that they will terminate in delivery. But things again recover their pristine state; the alarm of nature subsides, and the woman proceeds in her pregnancy, for several days longer, and sometimes for several weeks.

As the change in the womb, above-mentioned, does certainly occur, even on a false alarm, it should put young and female practitioners on their guard, lest they promote labour too hastily, either by general treatment, or any manual operation; for these would only fruitlessly tease the patient, when the judicious exhibition of an anodyne would do every thing that can be wished for.

When, in consequence of irregular or premature pains, the membranes containing the waters with which the child is surrounded, have been broken before labour has really commenced, it must be expected soon to take place; though, if the pains should have entirely ceased, on the discharge of the waters, it may be delayed for some days; but it most frequently happens within twenty-four hours. There is nothing in this circumstance alarming. It may occasion the first part of labour to be more slow, but not in any degree less safe in the end. It arises wholly from the fineness of the membranes, which contain the waters, and which must rupture in every labour, at some period or other; and hence the waters are sometimes unexpectedly discharged, in a sudden manner, without the least preceding pain.

In a slow labour, especially if it be the first, part of the time, commonly spent in the lying-in apartment, might with more propriety be passed in the usual domestic habits. It would serve to lessen the too anxious

expectation of a speedy delivery, as well as to prevent the impatience of the attendants, both of which are often improperly indulged. In the mean while, the apartment may be properly prepared, and the patient had better not go into it, until that necessary bustle is over. Some attention is also requisite, as to the manner of preparing the bed. The mattress should always be placed uppermost, especially in summer, and the necessary *apparatus* and covering so arranged, that the patient may not require to be taken off the bed, after her delivery, which is often exceedingly improper, and, indeed, sometimes impracticable; not to mention the fatigue it always occasions, even when it may be done safely, as to other particulars. Little things are often of great importance, and are sometimes found to be so, when it is too late.

Women should so prepare their dress, against the time of labour, that it may not be necessary to disturb them, soon after delivery, by a change of apparel. When this is properly managed, they avoid an unseasonable fatigue, and the hazard arising from linen which may not have been cautiously aired.

A sensible woman should always consider, that, in a slow labour, she may be afflicted with many distressing, and what have been called false, or spurious, pains; but there are very few by which nature does not mean some good in the end. She must therefore give her mind to patience, as all unnecessary interference would rather retard, than assist the labour, and will only be employed by the designing and unskilful.

Labours vary considerably in respect to duration. The first, if at the full period of gestation, is generally much the slowest, for very evident reasons, which occur on that occasion only. But any subsequent labour may be tedious, from circumstances of a peculiar nature, but equally safe, with respect to the conclusion, as those of ordinary rapidity, provided no interference be used, and nature be left to the secure, though slow, accomplishment of her object.

When a woman, in her first labour, is within an hour or two of her delivery, she ought, on no account, to be

restless, or violent in her exertions, which many are apt to be, when the conclusion of the labour draws near. It is then that the practitioner is to guard against the serious consequences, which have sometimes attended the violence and hurry of the patient. More good will be derived from prudently delaying, than from hastening, the birth of the child, especially if it be the first, and this, even though the powers of nature herself may seem more than equal to the delivery. For this, and other reasons, which will presently be mentioned, it is also proper that such means should be used, as will prevent any part of the child being born into the world in too sudden a manner.

We will now suppose the woman is just safely delivered of her child, and that a complete cessation of the regular pains has followed. She must now endeavour to calm that disturbance of the whole frame, which, added to her anxiety of mind before delivery, had excited a great degree of heat and perspiration, especially if it should have been her first labour, or one attended with some unusual difficulty. In this state, she must not let herself chill, or cool too fast. It may, perhaps, have been necessary to throw off the bed clothes, during the last hour or two: if so, they should immediately on the birth of the child, be lightly placed over her again. She may now moisten her mouth with a cup of tea, grit gruel, or barley water, for either of which she will feel desirous, if she has not been taking frequently of one or the other, during the latter part of her labour: but they must be given her without wine or brandy. If she feels herself disposed to sleep, she should indulge it: at all events, she should keep herself quiet, and not encourage conversation. For it may be observed, that in general, the mind of a woman newly delivered of her first child, is so occupied with the novelty, as well as the anxiety, of her situation, that her attention is too long kept alive, and therefore she can scarcely sleep, though exhausted by the fatigue of her labour.

The midwife must now carefully attend to the degree, and force of contraction, which the womb is disposed to

take on, immediately or soon after the birth of the infant. The experienced practitioner will indeed have a presentiment, even while it is coming into the world, of what is likely to take place afterwards, from the manner in which the expulsion of the infant is completed. This should be effected slowly, even after the head is born, because such a practice favours that kind action of the womb, necessary to detach the placenta, which a contrary method will interrupt, and, we have no doubt, has often been the cause of its being, with difficulty, brought away. Premature, or active endeavours to loosen it, must, however, be avoided, if its separation should not readily take place, by the seasonable contraction of the womb. Let the operations of nature be watched, and she will prove the surest guide, though, in this part of the delivery, she ought never to be wholly depended on.

The loss of blood, naturally consequent to the birth of a child, varies exceedingly in different women, and even in the same women in different labours. On some occasions it is very trifling, and on others, considerable; and the variation may either depend upon constitutional predisposition, or be occasioned by the peculiar attachment of the placenta to the womb. In some it will partly precede the descent of it, and in others, will wholly take place after it, though not immediately. It cannot happen to excess before the delivery of the after-burthen, but from some peculiarity of circumstances, provided proper attention be paid in time, to favour the first endeavours of nature to throw it off. The skilful practitioner, however, may know that it is safe, and yet not think it proper to bring it away immediately. A woman should, therefore, avoid expressing any impatience about it, as this might induce some practitioners to use that despatch which is not altogether consistent with their opinion; as many for want of firmness in their own judgment, have done, that the patient, or her friends, might not have it afterwards to observe, that they were a long while in bringing away the after-burthen.

This kind of censure is too frequently passed upon the just conduct of the midwife, from the improper prejudice, so often indulged, in favour of a speedy delivery of the placenta. Women are too apt to deem that practitioner most skilful, who is the shortest time in finishing that part of a labour. Fatal, therefore, have sometimes been the consequences of this ill-judged management, particularly among the female practitioners. The placenta, when it is at the command of the midwife, is sometimes a means of preventing that flooding which always excites a considerable degree of alarm in the lying-in room, and is certainly increased by the terror of the patient.

It is a mistaken idea, that, in general, some *external* mechanical force is necessary, in order to expel the placenta. We cannot, therefore, approve of the modes, occasionally recommended, of coughing, sneezing, blowing on the back of the hand, or making general pressure over the belly, with a view of helping its descent, by any kind of tight bandage applied to the abdomen, immediately after the birth of the child. The tender uterus may suffer from this pressure; nor is it of moment, as to the effect it might have, either of disposing it to contract, or of supporting the viscera, which are not as some suppose, relaxed, but only the parts of the abdomen containing them. We generally find that the womb has of itself contracted, in a favourable manner, when there has not been any very sudden, or hurried, delivery of the infant. Neither can pressure be necessary, as some have lately asserted, to prevent the immoderate expansion of an elastic vapour in the intestines, from the sudden change in the bulk of the womb diminishing the volume of the contents of the abdomen. The position, to which a woman generally inclines, soon after her delivery, of itself supports the belly. If any thing further is wanted, a pillow placed before her will be sufficient, against which the patient may rest with that degree of pressure, which will feel agreeable to her.

There is also a general action of the hand on the ab-

domen, which the patient herself may perform, and by which the uterus is tenderly excited to contract, and the placenta of course detached, in the most favourable manner, that will be found more useful than a bandage, or any extraordinary exertions of the patient, for this purpose. But as this may not be necessary in every case, it must be left to the judgment of the practitioner to direct, with the proper cautions to be observed in the application.

We would further observe, that there can hardly ever be occasion for a woman to bear down, during the delivery of the placenta. Indeed, on many occasions, it must be carefully avoided, lest it should produce, or increase, a disposition to the *prolapsus uteri.* The throes, which take place naturally, are caused by the contractions of the womb, and with them alone the practitioner can generally, in due season, safely bring it away. They are most seasonable, when they quickly follow the birth of the child.

We do not approve of a free and indiscriminate use of greasy applications, in the progress of a tedious labour. They are wholly unnecessary in the first stage of it, and in the latter part they interfere with the changes, which then take place naturally, and produce that mucous secretion, by which the parts are most favourably lubricated, for the easy termination of the labour. But, after the complete removal of the placenta, it will be proper to apply a small quantity of mild pomatum, or fresh lard, to defend the parts from the acrimony of the ensuing discharges.

Women will sometimes be liable, from peculiar irritability of habit, to some degree of faintness after delivery, most commonly after the coming away of the placenta; but they may comfort themselves with knowing, that it is not always caused by too great a loss of blood. It is generally occasioned by uterine pains, and, though the patient may be faint, and even pale, the pulse will continue to be felt the whole time. On recovering from the swoon, they are able to recollect that some degree of after-pain had immediately preceded

the faintness. Under these circumstances, it would be proper to take a cup of milk-warm gruel, with a little wine and nutmeg, unless they have taken a sufficient quantity of proper nourishment since the birth of the child; for they should avoid overloading the stomach, as a nausea from fulness will sometimes occasion faintness.

When this circumstance has occurred, and has been removed by the above treatment, it will be still prudent to indulge themselves longer than usual, before they undergo the bustle of being settled in bed; and if they have really had rather a free discharge of blood, it would be advisable, that they be as little as possible disturbed, for several hours, and not raised to an erect position of the body, until they feel sensible they are quite revived.

If hemorrhage alone should cause the faintness, then cloths wetted with cold vinegar and water, must be frequently applied over the surface of the belly.

A more effectual remedy, when the hemorrhage is alarmingly profuse, is to pour cold water out of a pitcher from a height on the abdomen. This scarcely ever fails to check the effusion. Cloths wrung out of cold vinegar may also be applied to the vagina.

Air should be admitted freely into the chamber, if the syncope is very great; some cool light nourishment should be given, and great quiet observed for a length of time: but it will be proper not to take cordials, or warm liquids, at first. The occasional return of uterine pains under these distressing appearances, may afford consolation to the practitioner, and to the alarmed friends of the patient.

If these general rules are observed, especially if a medical gentleman is not in attendance, they will probably prevent immediate danger, and in time recover the patient. The restoration of the circulation will be denoted, by the return of the pulsation at the wrist. But it will always be proper to call in medical assistance immediately, when the above alarming circumstances occur.

MANAGEMENT OF CHILD-BED.

A child-bed woman, as soon as all the circumstances of her labour have been adjusted, may with propriety consider herself as still in a state of health, and as requiring little more than the common cautions, and good management on all occasions necessary to preserve it.

The first hours after delivery, provided some light nourishment has been taken, should be dedicated to quiet and sleep, and no persons should be allowed to enter the patient's chamber, except such as are absolutely necessary.

A number of people, besides preventing repose, foul the air, and render a frequent supply necessary. The chamber door, and even the windows, if the weather be warm, should be opened every day, and the room in every respect kept as clean, and as free from any disagreeable smell, as any other part of the house.

The patient should often be supplied with clean linen, well aired; for cleanliness, and free, pure air, are essential in this situation; and upon the strictest examination it appears, that there never was miliary eruption produced without a sweat, nor a puerperal fever without either foul air, an accumulation of excrement in the intestines, or confinement of the patient to a horizontal position, thereby occasioning a stagnation and absorption of acrid matter, except in cases where violence had been used in the delivery of the child or the placenta. The heat of the room ought to be so tempered that the patient may neither be chilled with cold, nor yet suffer from sweat or burning.

The strictest attention should be observed to have an evacuation daily by the use, if necessary, of mild laxatives, or by the exhibition of glysters composed of milk, oil and sugar, or of soap suds. It is a security against fever and inflammation; and even forms one principal mode of relief, when they are already affected with either the one or the other. An equal regard should also be paid to get out of the bed as soon as they can with pro-

priety, and to sit up as long as possible, without fatiguing themselves.

If the lochia do not flow so plentifully as may be expected, or if they entirely stop, no irritating or forcing medicines should be used. They never do any good, and are often productive of much mischief. If the patient be otherwise as well as can be wished, no regard need be paid to this circumstance. We not only find this evacuation very different in different women, but even in the same woman in different lyings-in, from which she recovers equally well.

Much mischief is often done by binding the belly too tight. If there be any occasion for support, a thin napkin pinned very slightly round the waist, is all that is absolutely necessary, and the sooner this is disused the better.

But little change takes place in the breasts, after the first months of pregnancy, until about the second day after delivery. Then it is usual to feel a greater sensation of fulness in them, accompanied with a febrile irritation, which varies in different women, according to constitution and management; but in all is favoured by temperance, a cool regimen, and composure of mind.

The child should always be put to the breasts early, before the milk can have stagnated in them, or they can have acquired any great degree of hardness. It will be beneficial both to the mother and child, if this be done in a few hours after delivery; and this is most consistent with the operations of nature.

If the patient have not nursed any former child, the infant will probably meet with difficulties in fastening on the nipples. In this case some older infant should be applied, or it will be proper to have them drawn by some other means, without giving pain.

If the breasts grow knotty, they should be gently rubbed twice or thrice a day with a soft hand, moistened with sweet oil, or the volatile liniment (see Recipe 64). If they become inflamed and hard, a poultice made with the crumbs of bread and lead water, and applied nearly cold upon the part affected, and renewed every four or

five hours, will generally remove the complaint in a short time. Should this treatment not succeed in twenty-four hours, the application of leeches and the exhibition of the cathartic mixture, (see Recipe 11) will probably be attended with advantage.

If, notwithstanding these, suppuration should advance, warm bread and milk, or flax-seed poultices, must be frequently applied over the part, until the abscess breaks, after which they may be employed twice a day, observing at each dressing, to carefully press the matter from the wound. As soon as the matter ceases to discharge, the sore may be healed with Turner's cerate, (see Recipe 71) or some mild ointment spread thin on soft lint.

During the inflammatory state of the breast, the child must suckle entirely at the other breast, by which the blood will be diverted to it in greater quantity, and the impulse of the circulation at the inflamed part will be in consequence diminished.

The practice of covering the breasts with flannel, or too many clothes, is a frequent cause of their becoming inflamed; as, from the heat and perspiration they are thereby kept in, they are much more liable to receive cold from the exposure of the chest in putting the child to suck, whatever precaution may be taken to avoid it.

To prevent the nipples from becoming sore, they should be washed daily during the last month of pregnancy with brandy or port wine, to harden their tender surface; but when they become inflamed, or chapt, the use of those astringent applications must be discontinued.

The best application to them, when ulcerations are formed, and attended with a sharp acrimonious humour, is a strong mucilage of gum arabic, or they should be often washed with quince, or flax-seeds.

Thick rings made of beeswax, and fitted very exactly to the nipples, are often preventive of sores, by keeping the nipples elongated. They should be applied immediately after the child has finished its suction, and be put on so that the ends of the nipples may protrude

themselves through them. These rings, however, ought not to be used, when the milk runs out in too great quantities.

If the woman do not suckle her child, no method should be used either to repel the milk or invite it into the breast. Nature will be certain to do her part. She is soon made sensible, that the blood determined to them is not wanted, and there will therefore be very little further effort made on her part to continue it, and it will in the course of a short time cease of itself. A cooling cathartic, with a suitable regimen, will entirely supercede the necessity of any local treatment, and is all that can be required, even when a mother has suckled before.

No degree of fever in child-bed should be passed over unattended to, or be thought lightly of. Even the most serious are often slight at their beginning. Neither should any local pain, or tenderness, or fulness of the bowels be neglected, lest they should arise from the incipient state of some inflammation, which, if not checked at first, by proper medicines and suitable regimen, might, in a short time, put on some alarming appearance. Let it be remembered, *that it is much easier to prevent diseases than to cure them.*

It will, however, be proper, to prevent unnecessary alarm, to notice that the milk fever, which comes on about the second or third day, is not dangerous, and that it will not return a second time, if the cathartic mixture (see Recipe 11) be administered to open the bowels, and a cooling regimen observed.

It may also be very necessary here to point out the difference between the pains which sometimes happen to women under puerperal confinement.

Those which take place soon after labour, unattended with fever, and affect principally the back and loins, are not dangerous, and will readily give way to a dose of laudanum. But the pains confined to the belly, attended with tenderness on pressure, and are more or less accompanied with fever, indicate that some local inflammation has taken place, and the suitable remedies to subdue it cannot be too early employed.

We have already observed in this chapter, that a warm regimen, and foul stagnated air, are the causes of miliary, puerperal fevers. It is therefore obvious, in order to their cure, that cleanliness, cold acidulated drinks, and a free and even cold air be strictly enjoined.

In the beginning of these fevers, blood-letting is seldom adviseable, as they soon put on the form of putridity, and require the same mode of treatment as recommended for the cure of nervous or putrid fever, unless the pulse is much excited, accompanied with other symptoms of violent action, in which case, the depleting system should be pursued.

MANAGEMENT OF INFANTS.

As soon as the child is born, it is proper to moisten the head and chest with a little brandy, which is all that is necessary, until the navel string is tied.

In general, there is more impatience shown by the attendants, than is prudent, in respect to tying the navel string, and removing the infant from the bed. It is always proper to let the pulsation in the cord entirely cease, before this is done, unless the child has previously cried.

In order to tie the cord as it ought to be, two ligatures will be necessary, which should be formed of such a number of threads, knotted together at each end, that in tying firmly with them, there may be no danger of dividing the navel string. And, as soon as the circulation in the umbilical cord is stopped, one of them is to be applied about three or four fingers breadth from the navel, and the other about two inches from the first, on that side next the placenta, and then divide the cord between them.

In respect to the first washing of the infant, nurses are sometimes at a loss how to proceed. It is most frequently born so clean, that much washing is not necessary. A little soap is recommended to be used with the first water, to which it is proper to add a spoonful or two of brandy or rum. The water need not be more

than milk warm, and the head of the child should be washed first.

The infant is sometimes born with a *cheesy* mucus on its skin, which is most in quantity at the bendings of the limbs and back. It will be more readily removed, with the assistance of a little soft pomatum or sweet lard. It is adviseable not to remove the whole of it at the first washing. The remainder will be more easily taken off the next day, when the child may again be washed all over with some warm water and spirit. But this is only to be used a second time, when this *cheesy* mucus has been in so great a quantity, that it requires more time to get it off, than can with propriety be employed at the first washing.

For the regular daily washing, only cold water should be used, with which the child should be washed all over, beginning with the head. It should be finished as expeditiously as possible. The infant should be afterwards well dried, particularly at the bendings of all the extremities, and the whole body and limbs should be gently rubbed with dry soft linen or flannel until a glow of warmth appears upon the skin. It is the manner of washing a child that secures it from suffering from the application of cold water. The more delicate and weakly an infant is born, the more will cold water strengthen it, if well applied; and, besides its bracing qualities, it will by cleanliness, prevent excoriations, and keep off that troublesome complaint, termed the *scald head.*

When the application of cold water has been omitted for some days, it will be better to begin with the addition of some brandy to the water, lessening the quantity of it gradually, so as to leave it off entirely in a few days.

When children are a few months old, cold bathing may be substituted in the room of washing with cold water: and it may be proper here to add some directions, respecting the mode of dipping a child in cold water. Of these, the principal is, carefully to watch for that moment when it has taken in a full breath, and

then to plunge it into the water, and take it out instantly, so that no part of the action of respiration may be necessary, during the time of submersion. The child will then breathe freely on being taken out of the water, and suffer little or none of that agitation, which often defeats the intention of the practice, and produces a terror when it is to be repeated.

The next article to be noticed, in the management of the new-born infant, is its dress. Very improper methods are often taken, even from the birth, to strengthen the apparent weakness of a young child, such as the practice of tight rolling, by which means the circulation of the blood is impeded, and the action of the abdominal muscles hindered from properly performing their offices.

If it is wished to have them strong upon their limbs, and properly active, early in life, as by nature they are intended to be, they should have the perfect freedom of their limbs, and their bodies easy, from the first day of their birth. Their clothes should therefore be reasonably loose upon them, and not too great in quantity, although properly proportioned to the nature and variableness of the weather.

The quantity of an infant's bed covering should also be appropriate to the season of the year. Children should not be used to too much. If this article is not judiciously managed, as they grow up, they will be apt to perspire in bed, the consequence of which is, that they take cold, by throwing off the clothes, or they are weakened in spite of cold bathing, by the relaxing effects of heat and moisture.

With respect to the proper manner of purging the new-born infant, the first thing commonly given by nurses, is butter and sugar mixed, which has often been detrimental by promoting acidity in the bowels.

If the infant, after being completely dressed, is apparently quite easy, it should be laid down to sleep, without taking any thing. And after a few hours, it may be applied to the mother's breast, whose milk is not only opening, but has the effect of promoting the natu-

ral action of the intestinal canal. However, if the infant appears to be loaded with phlegm, a little well made plain grit gruel should be given immediately, and when this or its natural food, the milk, is not found sufficient to expel the *meconium* or first black stools, and the child appears to be indisposed, a tea-spoonful of good castor oil may with propriety be given.

As most of the infantile indispositions arise from overloading their stomachs, it is of great importance to pay due attention to the feeding of them. Nature has pointed out that mother's milk is the most suitable nourishment for the child; but even of this their stomachs may be gorged.

The mother would do justice to herself and child, if she would not accustom it to suck in the night after going to rest. Good habits are early and easily acquired with infants.

When the child is to be brought up by the hand, considerable judgment is necessary to proportion the quantity of food to its age and strength. Weakly children will always require less food than those who are stronger, for they are less able to digest it. They are frequently attacked with alarming and even fatal convulsions, from their bowels being over-loaded. Under all circumstances, if the food is too thick, or given in too great a quantity, the perfect digestion of it is prevented.

When the infant cannot obtain the milk of the mother, or that of a healthy woman who laid in about the same time, the best food, for several months at least, is goat's milk, ass's milk, or cow's milk alone or mixed with an equal quantity of well-boiled grit gruel or arrow root. If the child's bowels be in a laxative state, the milk may be boiled; but otherwise, it had better be given freshly drawn from the animal, or slightly warmed.

It is not necessary to feed a child oftener than five or six times in twenty-four hours, and the less it is fed in the night the better. It is a most ridiculous error to suppose, that whenever a child cries, it wants victuals,

and thus to be constantly feeding it both day and night. If the child's wants and motions be judiciously attended to, it will be found, that it seldom cries, but from pain; and if it be properly nursed, and quite easy in its dress, it will rarely cry at all. Nurses should be particularly cautioned not to lay a child on its back when fed. In the posture of sitting, it swallows its food more easily, and more readily feels when it has enough.

As the child advances in age, and its strength increases, weak broths with a little barley, rice, or hard biscuit boiled in them, may be allowed.

Without a proper degree of exercise in the pure air, our attention in clothing and feeding infants, will not succeed to our wishes. It is therefore of great importance, both to the population of the country, as well as the health of the inhabitants, that parents should attentively consider, that the more children are exposed to the open air, within prudent bounds, the hardier they grow, and the less they are subject to take cold.

In the first period of infancy, the exercise should be very gentle, and afterwards increased, as the strength of the infant increases; and that will always be best, which, at the same time it gives motion to the body, appears to divert and entertain the mind.

Independent of those means already described, to ensure the health of children, and preserve the human species, we must have an equal regard to the dispositions of children. It must be remembered, that on the treatment the child receives from his parents during this stage, will perhaps depend much of his misery or happiness, not only in his passage through this but through the other stages of his existence.

If, on the one hand, every little sally of passion and impatience is immediately controlled; if that which is admissible is regularly permitted, and that which is improper, as regularly withheld, the little creature will soon learn to distinguish that which is allowed, from that which is prohibited. He will indeed urge his claim, for that which he has been taught he has a right to; but will not harass himself and his attendants with ceaseless

whinings, or raving to obtain that which uniform prohibition has placed beyond expectance.

But a melancholy reverse appears, if on the one hand no consistency is observed in his management; if at one time, the slightest indulgence is refused, and at another the most extravagant, and even injurious cravings are gratified; the child becomes more and more fretful, till at length he manifests such ill nature, as to render him odious to all around him, and sooner or later the poor little sufferer pays with his life the purchase of his early indulgences.

DISEASES OF INFANTS REQUIRING EXTERNAL TREATMENT.

In this chapter, we will make a few observations on those diseases to which the newly born infant is liable, from the circumstances incidental to its birth, and which require principally external treatment.

The head and face of a child after a difficult labour, or from an unfavourable presentation of the face, will sometimes be very much swelled. It will commonly subside in a short time. But when a tumour remains on any part of the head, it must be bathed several times a-day with brandy alone or mixed with vinegar, which will soon disperse it.

The *scrotum* will also sometimes be remarkably tumid, and even discoloured, particularly when a child has been born by the breech presentation. In this case it will be proper to suspend it by a cloth, after first covering it with a piece of linen, wetted with brandy, which should be frequently renewed.

When an infant is born, with no other sign of animation than a weak pulsation of the heart, and the arteries of the navel string, we must endeavour to rouse the circulation by frequent applications of warm cloths, and by rubbing the nostrils, temples, and extremities, with spirits or volatiles. A table-spoonful of brandy must be poured on the child's breast, and if possible a little

of it should be swallowed. Stools should also be procured by glysters, or by giving a dose of castor oil.

Infants are born with a thin membrame under their tongue, called the *frænum*, which is sometimes so broad as to require dividing, in order to give freedom to the tip, and to allow the child to take proper hold of the nipples in sucking. It is easily divided by a sharp pair of scissors, and the operation can never be attended with any inconvenience, or hemorrhage, if it be done with proper caution.

The infant generally has an evacuation from the bowels soon after birth. If, however, any length of time should have elapsed without one, it will be proper to examine the fundament, which is sometimes imperforated, so that the *meconium* cannot be voided. This case can only be relieved by a surgical operation, by which the natural passage is opened, and afterwards secured from closing again by the introduction of the bougie.

The *vagina* of the female is also sometimes imperforated. Parents should therefore carefully examine the infant, that it may not grow up with a defect, which at a certain period of life, must inevitably prove troublesome, and which, at last, will require an operation to relieve.

When a child suffers from a retention of urine, it should immediately be inquired into, whether the orifice of the *urethra* be pervious. This obstruction is more rarely met with in the female than the male. If it be found closed, the skill of the surgeon is required. Sometimes an infant will be very long, perhaps a day or two, before it voids the urine, where no defect or obstruction is to be seen. It will then be proper to rub the belly with some warm brandy mixed with a little oil. Some have recommended it to be rubbed with an onion. Whichever be used, it is advisable immediately afterwards to apply to the belly a bladder half filled with scalded bran, or camomile flowers, or hot water; and lest by some accident it should burst, it would be proper to enclose it in a second bladder. A glyster of thin gruel, with a little oil, should be given, and if necessary,

a tea-spoonful of castor oil may be swallowed. If the child is in considerable pain, a few drops of laudanum may with propriety be added to the glyster.

The breasts of infants will often enlarge considerably, within two or three days after they are born. The vulgar notion of nurses, respecting the cause of this appearance, is the occasion of much bad management. They become tumid, and appear to contain something like milk; and they have therefore often been rubbed and squeezed with a roughness amounting to cruelty. If the pressure of the clothes is avoided by their being put on loosely, it will go off gradually without any application; but in case of much inflammation, equal parts of brandy and vinegar must be applied cold by means of soft linen, or poultices of the crumbs of bread and lead water or milk, should be employed for its resolution.

Many mothers will make themselves uneasy about the falling off of the navel string. This generally happens about the fourth or fifth day, but often earlier, and sometimes much later. When it separates, the nurse need only apply a piece of linen rag, scorched. If there should be more than usual tenderness, it may be proper also to sprinkle it with a little prepared chalk, or starch. In some instances, there is a discharge, and the part continues raw, and then it will be proper to apply three or four pieces of soft cabbage leaf, laid one over another, that they may be preserved moist and cool, and continued as long as the discharge may be considerable. The bleeding which sometimes happens at the navel, is of such little consequence, that a light compress, with some gentle styptic, and secured by a sticking plaster or bandage, soon removes it. The soreness, when considerable, may require a milk and bread poultice, and the exhibition of some mild laxative medicine.

Infants are sometimes very early troubled with hernial affections; and when they happen in the groin, all that can be done, is to bathe the part occasionally with brandy, keep the body open, use the cold bath, and prevent the child from crying as much as possible.

Rupture of the navel has already been treated of, in the preceding part of this work, under the head of ruptures.

There will often appear in the *scrotum* of infants, at birth, a turgescence, which has been called the *watery rupture.* Of this it is proper that parents and nurses should be aware, that it may not be mistaken for the true rupture. From this it will be readily distinguished by its transparency, and by its not becoming larger when the infant cries. It will generally be cured by compresses moistened with vinegar and water, with the addition of as much brandy as the skin is able to bear.

But the best method is to puncture the bottom of the tumour with the point of a lancet, which is attended with very little pain, and soon effects a cure.

Another little complaint like the watery rupture, is tumefaction of the prepuce, which also arises from extravasated water, and is a partial dropsy of the skin. The complaint will be removed in a few days, by washing the part frequently with lead water, or by applying a poultice made with it and the crumbs of bread, and by keeping the bowels open.

An *inflammation* will sometimes attack the eyes of children soon after birth, which has been usually attributed to cold; however, that is not the cause. A slight case will do well by keeping the eyes clean, and washing very frequently with cold water. If the eyelids should stick together when the infant sleeps, it will be prudent to apply a very small quantity of sweet oil, fresh butter, or lard, to their edges. When the inflammation is considerable, a blister to the nape of the neck, and the occasional use of the cathartic mixture, (Recipe 11,) in doses of a tea spoonful every hour or two, to keep the bowels in a laxative state, are proper.

The inflammation termed *galling*, which so frequently occurs in the groin, between the legs, and on the neck of an infant, evidently arises from inattention to cleanliness, and from the use of coarse or new *pilches.**

* If children were attentively held over a pan from the month,

The cure will easily be effected by washing the parts often in cold water, and after being wiped dry, dusting them with prepared chalk, or starch. If the excoriations are situated about the genitals, it may also be proper to apply a thick mucilage of gum arabic, or to cover the part with a little fresh saturnine or simple cerate, to defend it from the action of the urine.

Slight *ulcerations* behind the ears of infants are also very common, and only require to be washed daily with cold water, and covered with a singed rag to keep the cap from sticking to them. They are sometimes beneficial, especially during bowel complaints, or teething; and will get well and break out again into very foul sores several times, without any cause for alarm.

However, when these sores become extensive and painful, it will be proper to apply a blister on the nape of the neck, to draw off the heated serum, and to give, now and then, a few grains of magnesia and rhubarb, or the absorbent and aperient mixture (see Recipe 9.) The sores should also be well washed with castile soap and water, and dressed with an ointment composed of one drachm of calomel and one ounce of the simple cerate mixed well together, and spread on each side of a double linen cloth; which must be applied twice a day.

DISEASES OF CHILDREN REQUIRING MEDICAL TREATMENT.

Before we proceed to the consideration of those disorders requiring medical treatment, it may be proper to give a hint in regard to the doses of medicine. In prescribing for children, the chief difficulty lies in fixing the appropriate dose; and hence medicines more frequently fail with them, or are over-dosed, than with the adult. As a direction, therefore, it is proper to examine in a general manner, the proportions fit for this early period of life.

it would be found that they are more cleanly than people suppose, and would supersede altogether the use of cloths, either by night or day.

Thus seven years require half the dose of an adult.

Three years . . . . . the fourth.
One year . . . . . the sixth.
One month . . . . . the tenth.

With these proportions in view, where no peculiarity of constitution exists, the doses stated will generally succeed.

INFANTILE JAUNDICE.

That yellow colour of the skin, which is observed in some infants a day or two after birth, arises from viscid matter affecting the gall-ducts; and is readily removed by the exhibition of three or four grains of ipecacuanha, or a few drops of antimonial wine, to excite vomiting, and by keeping the bowels open by the occasional use of the absorbent and aperient mixture (see Recipe 9), or a watery infusion of rhubarb. Should the symptoms continue, the emetic ought to be repeated after two or three days, and the above mixture or rhubarb given every other day.

SNUFFLES.

This term is given to a disease, which generally affects children within the month, and most commonly in the first or second week, on account of the noise made in respiration. The discharge is much more abundant than that which attends common cold. It is, from the first, purulent and thick; and afterwards turns thin.

Children afflicted with this malady are always of a weakly, unhealthy habit; and though having apparently no particular complaint, they seem incommoded from a stoppage of the head, which is particularly perceptible in sleep, when their breathing is difficult. A purple streak is observable on the verge of the eye-lids, as an attendant on this disorder, with a general fulness externally, about the throat and neck. Its duration extends to several weeks; and when it departs, it is usually suc-

ceeded by a disorder of the bowels and other complaints.

This disease appears with various degrees of violence. The chief symptom that gives uneasiness here is the difficulty of breathing through the nose, which arises from an inflammation of the membrane, that lines the posterior nostrils and throat. By this inflammation extending, every part comes to be affected, even to the stomach and bowels, and hence the great and increasing debility it quickly occasions. The stools are thick and pasty, and of a peculiar green or blue colour.

From this account of the disorder, the state of the bowels is a circumstance which must be more attended to, than in almost any other disease. To this end, one or two tea-spoonfuls of castor oil should be given every day, so as to procure four or five evacuations daily. The bark should be given in a decoction or glyster, joined with cordials, to support the strength of the child. The same remedies should be exhibited to the wet nurse.

The acrimony of the discharge on the adjacent surfaces of the nose and throat, should be prevented by washing the parts frequently with warm camomile, or elder-flower tea, and afterwards applying a little sweet oil. Where convulsions are threatened, or occur, laudanum is very proper, after the operation of laxative medicines; and in many cases, the anodyne should be given two or three times a-day. In this disease, blisters are improper, as tending to produce gangrene of the part.

RED GUM,

Is an efflorescence of spots, varying in their size and appearance, confined to the superior parts of the body. In general it is necessary only to keep the bowels open with the absorbent and aperient mixture, or magnesia, and to keep the child moderately warm, otherwise the rash striking in, may fall upon the bowels and produce fever. Infants are liable to various kinds of rash, both

in the mouth and on the body, till the period of teething is over.

These cutaneous affections will be found owing either to some ill quality in the breast milk, a heating regimen, or errors in diet. It is only necessary to avoid the occasional causes, and the infant will not be troubled with them.

THRUSH,

Is an eruption of white spots, generally appearing within the month, on the lips and inside of the mouth, and sometimes affecting the whole alimentary canal. Like the preceding disease, it owes its origin to some affection of the first passages, and consequently will require a similar treatment.

As a local application, borax and honey, in proportion of one drachm of the former, finely powdered, to an ounce of the latter, and well mixed together, will have an excellent effect in cleansing the mouth, and healing the ulcers, especially when the milk adheres much to its surfaces. A little of this paste may be put on the child's tongue, as often as may be necessary to keep the parts clean; which will be licked to every part of the mouth, and will effectually do, without putting the infant to pain, by forcibly rubbing it on. But the cure is not permanent, unless the occasional causes are avoided, and the absorbent and aperient mixture, (see Recipe 9,) or magnesia, be given to subdue the feverish state of the system.

COSTIVENESS AND WIND.

Costiveness may be either constitutional or acquired. When constitutional, it is better to do but little, particularly if the child appears in tolerable health in every other respect. In case of acquired costiveness, the prevention, as well as cure, will only be permanently found by avoiding improper treatment and diet.

Flatulence generally accompanies costiveness, and

is sometimes attended with pains of the stomach, and bowels, which are indicated by the drawing up of the infant's limbs, and by its agonizing manner of crying. Under such circumstances, it will be proper to apply warmth to the belly, by bran or camomile flowers heated with hot water, and put into a bladder, which is only to be half filled with it, and then tied and wrapped up in a flannel. At the same time it will be proper to give a tea-spoonful or two of castor oil. If this should not operate speedily, or the child remain in much pain, a plain glyster of thin gruel should be administered.

The *suppository* will sometimes answer very well. The best in common use is prepared by scraping a candle until it is rendered sufficiently small and tapering to introduce it into the anus about an inch, or two inches at most. It will be better to dip it in oil before used. A strip of paper or linen cloth twisted up, and well moistened with oil, is easily introduced, and forms also a good *suppository*, or *dry glyster*.

It is a very common practice to give carminative medicines to infants, in order to remove flatulence, such as grated ginger and spices of different kinds. These ought never to be employed when the infant is the least feverish, or when the bowels are in a costive state. If any flatulence remain after costiveness has been removed, and there are no febrile symptoms, a drop or two of laudanum, or double the quantity of paregoric, fennel tea, and a little of the absorbent and aperient mixture, (see Recipe 9) or magnesia, may be given with advantage.

It is the bad manner of feeding, as well as over-feeding children, in general, even at the breast, that is the cause of almost all they suffer from costiveness, flatulence, and acidity.

LOOSENESS, OR CHOLERA INFANTUM.

A purging is one of the most frequent complaints of infancy; however, it should be remembered that it is not always a disease; but on the contrary, it often proves

a remedy. By it, nature most commonly throws off an offending cause. Its causes, therefore, and treatment, require very particular attention.

Both vomiting and purging very often arise from unwholesome milk or other food, from teething, from a moist cold air, as well as from the sudden disappearance of some eruption on the skin. The purging is not then hastily to be stopped, until the offending cause be removed.

The treatment, therefore, of this complaint, must consist first in removing, as far as possible, the irritating matter, and then checking the particular symptoms. If the offending cause appears lodged in the stomach, the cure should begin by giving an emetic, and afterwards small doses of rhubarb, or the absorbent and aperient mixture (see Recipe 9).

The nature of this disease is to be often drawn from the appearance of the stools, and the treatment ought in a great measure to be regulated from that circumstance. Thus when the stools are sour and curdled, after the necessary evacuations have been premised, the absorbent mixture (see Recipe 8) or a few grains of prepared chalk or magnesia, combined with grated nutmeg, or some aromatic, is strongly pointed out, in addition to opening medicines. When again the stools are slimy, and of a clayey colour, in addition to the former plan, injections of soap-suds are not to be omitted, and castile soap dissolved in milk will be found a useful drink. When the stools are watery and bloody, or fœtid, castor oil and calomel are the best purgatives, and if attended with much griping, glysters of milk and soap-suds should be often repeated.

The extent and continuance of this plan, must depend on the obstinacy of the complaint. To these medicines, opiates according to the age of the child, may be given with the greatest advantage at bed-time, provided there exists no febrile symptoms.

When the child is cold and languid, the purgative medicines ought to be joined with some aromatics, as grated ginger, and given less frequently: and during the intermediate days, as well as the evening after the

physic has operated, a cordial diet, such as the addition of wine in gruel or arrow root, with plenty of nutmeg, should be allowed.

Besides this internal treatment, external applications are of the greatest service, as cloths moistened with the camphorated spirits, or wrung out of brandy stewed with spices, and applied warm to the belly and extremities. Blisters to the legs and arms have also their good effects, and ought to be repeated in obstinate cases. Wearing flannel next the skin, or a bark jacket, will also prove an auxiliary.

A soft flannel bandage, passed frequently, and with some degree of tightness, round the body immediately over the stomach and bowels, is found to be a very useful remedy in this complaint.

In the treatment of all abdominal complaints, much attention is necessary to the nature and kind of food or nourishment taken. The food of children, with this view, should be deprived of acid as much as possible; hence, instead of milk, animal food, in the form of beef tea, or mutton broth, is preferable. When there is an habitual disposition to purging, there is no diet superior to arrow root; and when this is not at hand, flower baked in an oven till it breaks into a powder, and afterwards made up with boiled milk, is a good substitute. Tapioca and sago are also very nutritious. Indeed it is proper to alternate the food occasionally, from one kind to another, and frequently to exhibit the animal food in a solid form, when the stomach rejects fluid nourishment. The change of the wet nurse sometimes makes a necessary part of the treatment; and when a child has been weaned, resuming the breast has often had the happiest effect.

In many instances, a change of air alone has proved an effectual remedy, after every other means had failed.

DISCHARGE FROM THE VAGINA.

Infants have sometimes a discharge from the vagina, a few days after birth, resembling matter; but it is of no consequence, as it goes off of itself in a short time.

Children of five or six years old are subject to a mucous discharge, resembling the genuine whites of adults, which will in some instances be in an excessive quantity, so as to run through all their clothes. The disease readily yields to a little cooling physic, as the cathartic or absorbent and aperient mixture (see Recipe 9) and keeping the parts perfectly clean with soap-suds or lead water. When it is obstinate, balsam capivi may be given thrice a-day, and if the child is puny, the tincture of steel is a suitable remedy.

WORMS.

The symptoms enumerated as most commonly distinguishing worms, are, pain and acid eructation of the stomach, variable appetite, foul tongue, fœtid breath; the belly full, hard and tense, with occasional gripings or pains in different parts of it, particularly about the navel; irregular state of the belly, heat and itchiness of the fundament, urine white and limpid, and often discharged with difficulty. With these symptoms are joined a dull appearance of the eyes, often dilation of the pupil, itchiness of the nostrils, short dry cough, slow fever, with evening exacerbations and irregular pulse, grinding of the teeth in sleep, &c.

However, many of the above symptoms occur in other diseases; and, I believe, as was suggested to me by the learned Dr. Caldwell of Philadelphia, that worms are much oftener *suspected* to be the cause of children's complaints, than what they really are.

For the cure of worms, two indications arise; first, to expel them, and secondly, to prevent their generation. The first may be effected by giving a dose of calomel at bed-time, and rhubarb the next morning to work it off. The pink-root (see *Materia Medica*) has long been held in high estimation as a vermifuge. It may be given in the form of tea, with milk, sweetened, for breakfast, observing not to continue the use of it, if it is found to effect the child's eyes. The bark of the pride of China (see *Materia Medica*) is much extolled of

late, as a remedy for worms. My friend Dr. Grimes, of Savannah, says, that he considers it one of the best vermifuges we are acquainted with. He directs a tea to be made of the bark of this tree, and as much of it taken during the day, as the child can bear without producing vomiting, purging, or considerable weakness of the limbs.

External applications have also been found useful for the removal of this complaint. These consist of a liniment made of equal parts of beef's gall, aloes and sweet oil or fresh butter rubbed, on the belly every night; or a plaster made of dry rue and aloes, or gall mixed up with a little turpentine and lard, and applied over the region of the belly, taking care to cover the navel with a piece of cotton.

The future generation of worms will be prevented by avoiding greasy food, and by taking the rust or tincture of steel thrice a-day, joined with bitters, to give tone to the bowels.

CONVULSIVE FITS.

The convulsions of children are generally preceded by slight symptoms of distortion of the face, as, involuntary laughter when asleep or awake, squinting of the eyes towards the nose, or turning them upwards, the child, at the same time, changing to a bluish colour. The fit itself is distinguished by distortions, more or less general, according to the violence of the attack. They are attended with the usual symptoms of froth, or frothy discharge from the mouth, and they are terminated by profound sleep, from which the child awakes unconscious of its former state.

The treatment depends on the particular cause of irritation. Thus when it is expected to arise from retention of the *meconium*, or undigested matter received into the stomach, laxatives, as castor oil, should be given as early as possible. When from *teething*, the protrusion of the teeth should be hastened by lancing the gums. When from retropelled *eruption*, the warm

bath and blisters are to be had recourse to. And when from *worms*, the remedies detailed in that disease are to be employed.

When the cause of convulsions is unknown, throwing up a glyster, bathing the extremities in warm water, and blood-letting, if the child seems able to bear it, are the safest means during the uncertainty. The symptoms still continuing, sinapisms should be applied to the extremities, and blisters behind the ears.

An emetic of ipecacuanha or antimonial wine, is found to be an exceedingly useful remedy in this disease.

TEETHING.

The symptoms that mark dentition are, heat and swelling of the gum, and a tendency to drivel or slaver much, with starting, and thrusting of the fingers into the mouth.

Difficult teething, as a species of inflammatory disease, is to be treated as such. Bleeding with a leech or two behind the ears, or applying blisters there, or to the nape of the neck, will be found beneficial. But nothing is so effectual as scarifying the gum with a lancet, which should be occasionally repeated, according to the urgency of the symptoms; for, by thus removing the cause of irritation, the effect cannot fail to cease.

A moderate looseness being beneficial in teething, should rather be encouraged than checked. If costiveness prevails, it must be removed by the occasional use of the cathartic, or absorbent and aperient mixture, (see Recipe 11); and when there is much fever, the antimonial solution (see Recipe 6) in very small doses, to produce perspiration, should also be employed.

WATERY HEAD.

This disease is distinguished by pain of the head, accompanied with nausea, sickness and other disorders of the animal functions, without any evident cause, and

sudden in their attack; variable state of pulse; constant slow fever; and in the advanced stage of the disease, dilation of the pupil of the eye, with a tendency to a comatose state.

It most frequently takes place between the age of two and ten years, and with children of a scrofulous habit. It may, however, arise from falls and blows on the head.

The first stage of the disease is marked by loss of appetite, and a degree of melancholy and uneasiness, without the child being able to fix on any particular cause. Pain in the head is next felt, especially above the eyes, and in a direction betwixt the temples. In very young subjects, pain in the head is indicated by the child putting his hand often to his head, and waving it about. This pain gradually extends, and is at last felt more particularly in the arm and leg of one side. The affections of the stomach next commence, and alternate with pain and uneasiness of the head. The febrile symptoms, though pretty constant, are milder in the morning, but suffer also an evening exacerbation. Vomiting occasionally occurs, but costiveness is a leading symptom; the tongue is a little affected, except towards the end, when it assumes a scarlet colour, and sometimes becomes aphthous. As the disease advances, all the symptoms of hectic are conspicuous, and during the whole disease, the child shows a strong propensity to the bed, or a desire to avoid being moved.

This disease is truly inflammatory in its commencement, and can only be treated with success by the early employment of those means which are best calculated to subdue inflammation; such as copious and repeated bleedings, the application of leeches or cups, blisters to the head and temples, and an issue behind the neck.

Besides these external remedies, active purges, as calomel and jalap, must be frequently administered, and if possible a ptyalism should be produced by the use of mercury, either in the form of calomel in small doses, or by rubbing in the unction.

If acid prevails, the absorbent mixture (see Recipe 8),

must occasionally be given, and during the continuance of fever, the tincture of digitalis or foxglove, (see Recipe 55) will be found an auxiliary.

After subduing the inflammatory action of the system, opium or laudanum may be employed with advantage, to relieve the spasm, or pain of the head, when is it considerable. In the last stage of the disease, cold bathing and the use of tonic medicines, may be required to invigorate the system.

CROUP, OR HIVES.

This disease, which is peculiar to children, is a species of asthma, with violent catarrhal symptoms. It is most common in low marshy countries, or on the sea coast, and in wet and cold seasons. Indeed it is readily occasioned by any thing wet or damp, or which obstructs the perspiration.

There are two species of croup, the acute or inflammatory, and the chronical or lingering.

The former is attended with a very quick pulse, cough, hoarseness, and difficulty of breathing, soon after and sometimes even before the occurrence of the croaking noise, which is the characteristic of this disorder. As the disease increases, the pulse quickens, the heat augments, and an excessive restlessness takes place. The breathing becomes more and more difficult, and laborious, and the peculiar wheezing sound which accompanies it, so increases, as to be heard at a considerable distance.

The symptoms continue to increase in violence, until a spasm of the muscles of the parts taking place, the patient is suffocated; the disease often completing its course in the space of three or four days and nights.

The extreme degree of danger which always accompanies this disease, and the rapidity with which its symptoms proceed, show that immediate remedies are requisite to arrest its progress. Therefore, on the first appearance, blood-letting, both general and topical, should be employed, and repeated two or three times a-

day, according to the violence of the symptoms, and habit of the patient. Immediately after bleeding, an emetic should be administered, and the sickness kept up for several hours or even days, by small doses of the antimonal solution, (see Recipe 6).

Inhaling the steams of hot vinegar and water, and embrocating the throat with the volatile liniment, (see Recipe 64) have also their good effects. Besides which, the application of blisters to the throat are not to be neglected, if the symptoms are the least alarming.

The decoction of seneka or rattle snake root, (see *Materia Medica*), is a valuable medicine in this dreadful complaint. It should be given at first in such doses as to excite vomiting, and afterwards in smaller doses, to keep up a nausea at the stomach, and to produce perspiration. Onions (see *Materia Medica*) are also celebrated as a sovereign remedy.

The tincture of digitalis or foxglove, (see Recipe 55) is likewise a good remedy, if employed in the early stage of the disease. Attention should always be paid to keep the bowels open by castor oil, or some aperient medicine.

The most speedy and efficacious of all remedies, in this alarming disease, which has come under my notice, is calomel in very large doses. For this valuable remedy, I candidly acknowledge myself indebted to my excellent and very learned friend, professor Davidge of Baltimore.

From him, I have been emboldened to use it in desperate cases, in doses from thirty to sixty grains, to children. On my own daughter, only four years old, and apparently in the very act of suffocation, I used it in the dose of at least sixty grains. The cure was almost instantaneous. Among other instances of cure as surprising, was one in the infant of my amiable friend, Mrs. Chalmers, lady of the Rev. Mr. Chalmers, of Washington. The dose was forty grains. The cure was so immediate, that the over-joyed parent insisted I would instruct her in the remedy, for fear, on the next attack, I might not be in the way to prescribe. On

learning I had given her infant, not more than between three and four years old, forty grains of calomel, she was excessively frightened, and exclaimed, "you have killed my child!" and indeed she could hardly be persuaded for some time, though her eyes told her the contrary, that I had not *killed her child.*

So powerful is the effect of this medicine, that it suddenly removes the disease without having recourse to other means. It acts on the stomach, bowels and skin. In cases not very alarming, I have given calomel in smaller doses, conjoined with ipecacuanha, with good effects.

The flaxseed syrup is peculiarly beneficial in all diseases attended with cough, and therefore should not be omitted in this. To prevent a relapse, and to restore the strength of the patient, it will be proper, at the close of this complaint, to give bark in any form which is most agreeable and convenient.

The latter, or *chronical croup*, is produced by spasm, and unaccompanied with fever. A most important remedy in this species, if early used, is the warm bath, immedialely followed by a glister, to which some of the juice of raw onions may be added. A tea-spoonful or two of the juice may also be given by the mouth. If the symptoms do not yield to this treatment, an emetic should be administered, and after its operation, a dose of laudanum will be proper.

Some children are troubled with this complaint for several years, and then seem to out-grow it. A flannel shirt, light diet, cold bath, change of air, gentle exercise, and whatever strengthens the body, are the best preventives.

HOOPING-COUGH,

Is a contagious disease, attacking in paroxysms of a convulsive suffocating cough, with a loud noise or hoop at each respiration, and generally terminating by vomiting. It is clearly the effect of a specific contagion, of a peculiar nature, and highly active, affecting, like the small-pox and measles, but once in life.

The treatment of this disease must be regulated by the degree of fever and spasm. When the fever is considerable, bleeding becomes clearly indicated, as well as blisters over the breast, and the use of laxative medicines, together with such as may determine to the surface; of which class, the decoction of rattle-snake root, (see *Materia Medica*) or the antimonial solution, (see Recipe 6) are to be preferred.

When the spasmodic state is most predominant, and the symptoms of fever mild, emetics will be highly useful, followed by a dose of the anodyne sudorific drops, (see Recipe 17) at bed-time. If a free use of the flax-seed syrup is not sufficient to allay the cough, laudanum, or paregoric, when fever does not forbid, may be given with the greatest advantage.

In this tiresome disease, I have found no remedy, when there is little or no fever, superior to this mixture*, given three or four times a-day, in syrup or tea; commencing with small doses, and gradually increasing them until a slight strangury is excited. The strangury usually comes on about the third day, and the hooping-cough seldom continues longer than a few days afterwards.

A grain of assafœtida, administered four or five times a-day, proves oftentimes a very useful remedy in cases of hooping-cough.

When the disease is recurrent, and returns some time after its apparent departure, as it frequently does upon taking cold, an emetic, a dose or two of castor oil, and the anodyne sudorific drops, (see Recipe 17) laudanum, or paregoric at bed-time, as the symptoms may indicate, will quickly remove it. A milk and vegetable diet is peculiarly proper in this complaint; and when the patient is debilitated, a change of air and tonic medicines, as the bark of columbo, will be found necessary.

* Take of
Tincture of bark, one ounce and a half,
Paregoric, half an ounce,
Tincture of cantharides, one drachm,
Mix.

RICKETS,

Consist in an enlargement of the head, belly, and joints, flattened ribs, and general emaciation, with a bloated or florid countenance. This disorder generally takes place from six months to two years of age, and arises either from unhealthy parents, or from the children being improperly nursed, kept wet, dirty, in a close damp air, without due exercise.

Weakness and relaxation being the cause of this complaint, its remedy must of course be to promote digestion, and to brace and strengthen the solids. Hence a nutritious and cordial diet, with exercise in the country air, is indispensable. Along with this, the cold-bath and tonic medicines, as bark, columbo, and steel, to warm and invigorate the constitution, are peculiarly proper; but they should not be entered upon, without previous purging with calomel and jalap. The tincture of rhubarb (see Recipe 52) should also be occasionally employed, to keep the bowels in a regular state. However, nothing will be found more effectual in recovering the patient, than a generous diet, and cold bathing, particularly in salt water. Sea-bathing constitutes, perhaps, the most promising remedy in this disease.

MATERIA MEDICA.

"HOW wonderful are thy works, O Lord! in wisdom hast thou made them all; the earth is full of thy riches."

In all parts of these his GLORIOUS WORKS, in their admirable fitness to one another, and their constant subserviency to the *good* of *all*, we behold the WISDOM and GOODNESS of the GREAT CREATOR.

But in no department of his works do these traits of mingled *wisdom* and *goodness*, shine with greater lustre than in the vegetable kingdom. There is scarcely a plant that *greens* the field, a flower that *gems* the pasture, a shrub that *tufts* the garden, or a tree that *shades* the earth, that does not contain certain medicinal virtues, to remove our pains, and to heal our diseases.

The American continent, though the last found, is not the least favoured of GOD in this respect. Embracing almost every clime and soil of the globe, it richly abounds with drugs of every healing quality.

The common saying, that every *country* contains the best cures for its own diseases, seems fully verified in America. Here, above all countries, is the ague, and here, exclusively, is the grand cure, the Peruvian bark tree, or dogwood. And here too, exclusively, is found the Spanish-fly, the tobacco, the Jamestown weed, the pink and snake roots, besides those other valuable plants, equal to the ipecacuanha, rhubarb, jalap, &c. &c. which have hitherto been imported at a great expence, though not always genuine; but which may now be obtained in our own fields and woods, both unadulterated and cheap.

Worthy of the high character of Americans, many gentlemen of the finest genius among us, have explored the medical treasures of our own country, and have shown an eagerness to make known the precious means to preserve the health and lives of our citizens. First on the list of this noble band of philanthropists, stands that bright constellation of all literary and professional genius, the late professor Barton, from whose "COLLECTIONS TOWARDS A MATERIA MEDICA OF THE UNITED STATES," much valuable matter has been selected. If by the laws of Rome, "a civic crown was adjudged to the man who saved the life of a single citizen," what eulogy is sufficiently great to be attached to the memory of him, who, besides illuminating several other walks of ornamental and useful knowledge, has by investigating the virtues of our native vegetables, laid the foundation whereby millions of our worthy citizens may be rescued from an untimely death.

Next comes professor Chapman, who, if possible, with greater ardour has been bending the forces of his powerful mind to the same all-important researches.

The meed of highest gratitude is due also to professors Hosack, Dexter, Mitchell, and to Doctors Mease, Cutler and Thatcher; to colonels Hamilton, Bird, &c.

From the valuable discoveries and communications of these gentlemen, I have, with great industry and care, compiled an AMERICAN MATERIA MEDICA, exhibiting, in alphabetical order, the *names*, *characters*, and *qualities* of our best medicinal plants hitherto discovered, together with the diseases they suit, and their proper doses, and forms of administration; the whole stripped of technical terms, and making, as I humbly hope, one of the most complete systems for family use now extant.

AGARIC. *See Touchwood.*

AGRIMONY.

Agrimonia,

Grows two or three feet high, in hedges and the margins of fields—blossoms in July on long spikes, yellow. It is known by the vulgar name of *cuckold*, from the seeds sticking to the clothes in the fall of the year.

In whey or tea it forms a good drink in fevers. The juice of this plant, or a strong infusion of the roots, two handfuls to a quart of boiling water, and sweetened with honey, is an excellent medicine in the jaundice, scurvy, and habitual diarrhœa or looseness. Dose of the infusion half a pint; of the juice a wine-glassful three times a day. The herb has been applied externally to fresh wounds.

ALDER, BLACK.

Alnus Nigra,

Sometimes called Virginia winterberry, grows in moist places, generally sending up several slender stalks to the height of ten feet, and bears a red berry.

The bark is tonic, and accordingly is used in substance, or in strong decoction, like the Peruvian bark, in intermittents, and other cases of debility, as dropsy, gangrene, &c. The inner bark in the shape of poultice externally, with the decoction internally, a handful or two boiled slowly in three pints of water to a quart, is celebrated both by professor Barton and Dr. Mease, as of admirable use in arresting the progress of mortification. A strong decoction of the berries formed into a syrup with molasses in dose of a wine-glassful, or two tea-spoonfuls of the powder of the inner bark, is said to be a good purge.

ALEXANDER. See *Parsley, wild.*

ALUM ROOT.

Heuchera Americana,

Called also American Sanicle. The root is a very intense astringent. It is the basis of a powder which has lately acquired some reputation in the cure of cancer. Professor Barton observes that he does not believe that the alum root has cured genuine cancer, but that it has proved very beneficial in obstinate ulcers, which have been mistaken for cancers. He says it is one of the articles in the Materia Medica of our Indians, the powdered root of which they apply to wounds, ulcers, and cancers.

ANGELICA.

Angelica,

Grows in marshy woods and hedges, flowering in June and July. It is frequently cultivated in our gardens.

Every part of this useful vegetable partakes of its aromatic virtues, but especially the root, which in the form of powder, tincture or tea, is useful in flatulent colics. Conjoined with dogwood bark, or any other tonic, it may, like the Peruvian bark, be employed with advantage in intermittents and low stages of fever. The dose, one tea-spoonful, in substance, of the former to two of the latter. It may also be employed in the form of strong decoction, in doses of a gill, or in cold phlegmatic habits, in tincture, either alone, or with dogwood berries, centaury, lemon peel, or any other articles of the bitter and tonic class. A strong decoction of the root, combined with red oak bark, a large handful of each to a pint of boiling water, makes an admirable gargle for relaxed and spongy gums, and ulcerated sore throats.

APPLE, PERU. See *Thorn Apple.*

ARBUTUS. See *Bearberry.*

ARROW ROOT.

Maranta Arundinacea,

Is cultivated in the southern states. A table-spoonful makes a pint of the finest jelly in nature, which affords the most nutritious food in acute diseases for children. To persons labouring under bowel complaints, as diarrhœa and dysentery, it is of itself a remedy.

The jelly is made in the following manner—To a table-spoonful of the powdered root, add as much cold water as will make it into a thin paste, and then pour on boiling water through the spout of a kettle, stirring it at the same time briskly, till it becomes a clear jelly; after which season it with sugar and nutmeg, and to render it still more palatable, a little wine or lemon juice may be added. But to children, blending it with new milk is best.

ASARABACCA SWAMP.

Asarum,

Grows in low grounds. It has but two leaves, which rise immediately from the root, and divide from one stem. The flowers are purple and bell shaped, and proceed from between the leaves.

The whole of this plant has a nauseous bitter taste. The root, from a half, to a table-spoonful in powder, operates both upwards and downwards. In the form of infusion, a half handful to a quart of boiling water, it is said to be serviceable in the hooping-cough, in doses of a table-spoonful to children every half hour, or oftener, until it vomits; and in doses of a tea-cupful three times a-day, it has been used with success to promote the menses, or *courses.*

AVENS COMMON.

Geum Urbanum,

Grows a foot high by fences and borders of fields. The blossoms are white or yellowish in July. Its smell resembles that of cloves.

A strong tincture of the root, two handfuls steeped in a quart of spirits, given to the quantity of half a wine-glassful, or the powder, in doses of a tea-spoonful, several times a-day, has afforded an excellent remedy in intermittents and other disorders where strengthening medicines are requisite. It is said to be equal to the Peruvian bark.

There is another variety of this plant, called water avens, throat root, cure-all, which is to be found in boggy meadows. The blossoms are purplish, and appear in May. Its properties are the same as the preceding. A decoction of it has been found beneficial as a gargle in ulcerated sore throats, which probably gave rise to the name of *throat root*, or *throat wort*.

BACK-ACH BRAKE. See *Fern Female.*

BALM.

Melissa Officinalis,

Makes an excellent tea in fevers, and when sweetened, and acidulated with the juice of lemons or cream of tartar, forms a most grateful beverage.

BARBERRY.

Berberis Vulgaris,

Grows along the sides of roads, in hedges;—leaves oblong, tender, and subject to the rust; the flowers are

in clusters; the fruit oblong and acid; the stem is defended by three thorns.

A double handful of the berries boiled in three quarts of water to two, and given in doses of a tea-cupful four or five times a-day, sweetened with white sugar, is extolled as a remedy in diarrhœa, dysentery and jaundice.

BASTARD IPECACUANHA.

See *Ipecacuanha American.*

BAYBERRY.

Myrica Cerifera Humilis,

Called also Dwarf Candleberry Myrtle, grows in swamps to the height of two or three feet, and bears numerous green berries, of which tallow is made.

The bark of the root has been considered a good remedy for the jaundice. The powder of it, in doses of twenty or thirty grains, has been employed as a mild emetic. The inner bark, in poultice, applied morning and evening to scrophulous swellings, and drinking a tea-cupful of a strong infusion of the leaves, is said to have wrought surprising cures in a few weeks.

BEARBERRY.

Arbutus Uva Ursi,

Bears whortleberry—wild cranberry. Is a low evergreen shrub, somewhat resembling the myrtle.

The leaves have a bitter astringent taste, and unquestionably possess great medicinal virtues, especially in relieving the *irritation of the stone*, gravel, and old cases of gonorrhœa, menstrual discharges, also catarrhs and consumptions.

The dose—half a pint twice or thrice a-day of a decoction made of the leaves, a handful to a pint, or a teaspoonful in substance, two or three times a-day.

BEECH DROPS. See *Broomrape Virginia.*

BENNE.

Se samum Orientale,

Is now cultivated in South Carolina and Georgia. The leaves by infusion afford an excellent mucilaginous drink, which is used with manifest advantage in dysentery, diarrhœa, and cholera infantum.

The seeds yield a pure and pleasant oil, which in doses from one to two wine-glassfuls, acts well on the bowels. It is now generally used at the tables of the wealthy, and from the specimen I had of it at the table of my honourable friend, governor Milledge, near Augusta, I consider it equal to the best Florence or salad oil.

BETH ROOT.

Trillium Rhumboydum,

Grow in meadows about a foot high—the leaves oval, three at the top of each stalk, one flower of a purple colour, bell-shaped, producing a small berry, that contains the seed—the root of a brown colour externally, bulbous and full of small fibres.

The powder of the root in doses of one tea-spoonful three or four times a-day, is said to be exceedingly useful in spitting of blood, immoderate discharge of the menses, or in cases of discharging bloody urine. It is also said to be a good application, in the form of poultice, to putrid ulcers, and to obviate gangrene or mortification.

BIND WEED. See *Potatoe, Wild.*

BITTER-SWEET. See *Nightshade, Woody.*

BLACKBERRY, OR DEWBERRY.

These, though different in name, are nearly, if not entirely, the same in nature. They both bear the same kind of berry, which, when ripe, is pleasant and wholesome.

The roots of these vines, but especially of the dewberry, are famous as astringents. From my own observation in practice, two handfuls of the clear roots in three pints of milk or water boiled to a quart, and given in doses of a tea-cupful every two or three hours, has often cured obstinate diarrhœa and dysentery, when the best medicines of the shop had failed.

BLACK SNAKE ROOT. See *Virginia Snake root.*

BLAZING STAR. See *Devil's Bit.*

BLOOD ROOT.

Sanguinaria Canadensis,

Has a variety of names, as Red Root, Puccoon, Indian Paint, Turmeric. It grows about a foot high in rich woodlands, and flowers in April. The leaves are roundish and deeply indented, somewhat like the white oak leaves—stems naked, supporting single flowers; blossoms white. When the fresh root, which is about the size of the little finger, and blood red, is broken, a juice issues in large drops resembling blood.

According to Dr. Downie, the root in powder from twenty to thirty grains, is strongly emetic. Professor Barton considers it nearly equal to the seneca or rattlesnake root in cases of ulcerous sore throats, croup and hives, and other similar affections. Professor Dexter celebrates it in doses of one grain of the powdered root, or ten drops of the tincture, every two or three hours, as an excellent diaphoretic in colds, pleurisies, and other inflammatory complaints.

A tincture may be prepared by steeping a handful of the root sliced in half a pint of spirits. It may also be exhibited in the form of decoction, a handful to a quart of boiling water, and a table-spoonful for a dose every two or three hours. The blood root is considered the chief ingredient of the quack medicine known by the name of Rawson's bitters, recommended as a remedy for the jaundice. The juice of the root is said to be good for destroying warts.

BLOODWORT STRIPED.

Lapathum Sanguineum Rubrum,

Grows six or seven inches high, on the sides of banks, and in upland woods. Out of the top of the stalk, which is small and bare of leaves, grow small purple flowers, which turn into husks that contain the seed. The leaves, three or four in number, lie flat upon the ground, are hairy, and full of red winding veins; the root small, tough and fibrous.

An infusion of this plant, a handful to a quart of boiling water, in dose of a tea-cupful every three hours, is said to be useful in restraining immoderate flowing of the menses, and all other hemorrhages. A strong decoction of the roots with half the quantity of sugar or honey, and formed into a syrup in dose of a table-spoonful every hour or two, is beneficial in consumptions or violent coughs. The expressed juice, in dose of a wine-glassful, and the leaves bruised, and frequently applied to the wound from a snake, or any venomous insect, is said to eradicate the poison.

BLUE CARDINAL FLOWERS. See *Lobelia.*

BONESET. See *Thoroughwort.*

BOWMAN'S ROOT. See *Indian Physic.*

BOXWOOD. See *Dogwood.*

BROOMRAPE, VIRGINIA.

Orobanche Virginiana,

Grows from Canada to Georgia, and rises six or eight inches high, of a brown colour, brittle sprigs, but no leaves; the root is bulbous. It is generally found under the shade of the American beech tree; hence it is sometimes called beech drops, but more generally cancer root.

Every part of this plant is considerably astringent, and along with the astringency, especially in the recent plant, there is combined a peculiar and extremely nauseous bitterness. It has been celebrated as a remedy in dysentery, but its principal reputation is in cancerous affections. It is supposed this formed a part of the celebrated cancer-powder of Dr. Hugh Martin, whose success in the management of many cases of this dreadful disease, has been acknowledged by the regular practitioners of Philadelphia.

It is certain, says professor Barton, that the powder of cancer root has been of great service externally applied to obstinate ulcers, some of which had resisted all the ordinary applications. The fresh bruised root has also been applied with good effects to cancerous sores. In the form of decoction it has been found useful as a wash to gallings in warm weather, or excoriating of the skin. It is also esteemed a good application in cases of St. Anthony's fire.

BUCK THORN.

Spina Cervina,

Grows in hedges. It is a prickly bush, which flowers in June, and produces in the fall a round black berry containing four seeds.

Equal parts of the expressed juice of the berries and molasses, or half the quantity of sugar, with a little calimus or ginger, formed into a syrup by a gentle fire, is said to be a good purgative medicine in doses of a large wine-glassful, and is much used in the cure of dropsies.

BURDOCK.

Arctium Lappa,

Grows on the road side, on rubbish and ditch banks, bearing purplish blossoms in July and August.

The juice of the fresh leaves, or an infusion or decoction of the roots, operates gently on the bowels, sweetens the blood, promotes sweat and urine, and is esteemed serviceable in scorbutic, rheumatic, and venereal disorders. The juice is given in doses of a wine-glassful, and the decoction half a pint three times a day.

BURNET SAXIFRAGE.

Pimpinella,

Grows about a foot high. The leaves are variously shaped; flowers in September; the seeds are furred and egg-shaped.

The root, in the form of decoction, a handful to a quart of water, is esteemed by some a useful medicine in asthma, coughs, and obstructions of the menses, in dose of a wine-glassful twice or thrice a day sweetened.

BUTTERFLY WEED. See *Pleurisy Root.*

BUTTERNUT. See *Walnut, White.*

BUTTON SNAKE ROOT.

" The button snake root grows in South Carolina and Georgia, in poor pine land; the root bulbous, with

numerous fibres, of a pungent nitrous taste; the leaves or blades long, narrow, pointed and saw-edged. A stalk shoots up in autumn, to the height of three feet, bearing globular prickly flowers, of an ash colour, which, from a fancied resemblance to buttons of an old fashion, gives its name.

"This root is a *powerful sudorific;* but in cases of gangrene and foul ulcers, is perhaps superior to any thing yet discovered. The mode of applying it, is in the form of poultice by boiling it soft."*

* For the above I am indebted to my very honest, but unfortunately too credulous friend, Paul Hamilton, Esq. formerly secretary of the navy, whose zeal and success in exploring the virtues of our indigenous plants can never be sufficiently applauded. For these and many other patriotic virtues, a kind Providence was pleased to raise him up a son as disinterested and public spirited as himself; I mean that extraordinary youth, lieutenant Archibald Hamilton, who, in defence of his country, went forth in the early period of life to meet the veteran tars of Great Britain.

He was a midshipman on board the United States frigate, when after a short action she captured the British frigate Macedonian. His activity and valour in that brilliant affair were so conspicuous, that the gallant Decatur assigned to him the honourable and pleasing duty of bearing the British colours to the seat of government. With uncommonly good fortune he arrived at Washington on the very evening that the president and his lady, with the heads of departments, at a splendid ball were celebrating this glorious victory. I had the pleasure to be one of the party; and never shall I forget the looks of his venerable father, his most amiable mother, and charming sisters, when this blooming young warrior was ushered into the crowded ball room, with the trophies of American valour. The joy manifested on this occasion was not confined to his relations alone; for it was to be seen in the countenance of every one present, but more especially in the young females, who, as was very natural to suppose, from his unassuming and graceful deportment, could not conceal the tender emotions of their hearts.

To the honour of the president, this modest and amiable youth was soon after promoted to a lieutenancy. He followed the fortunes of commodore Decatur, when he shifted his flag from the United States to the President; and was with this intrepid officer when in that single frigate he endeavoured to fight his way through a British squadron. In this most unequal conflict the President was overpowered, but not until she had completely silenced one of the hostile frigates. By the last shot that was fired from the enemy, the gallant young Hamilton was killed.

To say he was brave to the height of that heroism which has raised the infant navy of his country to be the admiration of the world, is to say but half his praise. The far nobler praise was his, of having rendered himself the idol of his brother officers, and his numerous relations and friends—to all of whom he has bequeathed the inexpressible pleasure of attaching to his memory every thing that was amiable and good.

CALICO TREE.

Kalmia Latifolia,

Broad leaved laurel, called also winter-green; grows seven or eight feet high in swamps and moist rocky pastures; blossoms are white, tinged with red in June or July. There is another species, *Kalmia Augustifolia*, narrow leaved or dwarf laurel, called also ivy, lambkill; blossoms reddish, variegated.

A decoction of the plant externally applied, has often cured the itch; but like all other poisons it should be used with great caution. An ointment, made by simmering the leaves in hog's lard, is good for the scald head and obstinate sores. According to Dr. George G. Thomas, an obstinate diarrhœa has been cured, by a decoction made from an ounce of the leaves in half a pint of water, boiled to half, and thirty drops three or four times a-day. In this form it has also been used internally with great success in the scald head.

CALIMUS, OR SWEET FLAG.

Acorus Calimus,

Grows in marshy situations, and in shallow water, and may be known by the long sword-shaped leaves, resembling those of the blue and yellow flags, but narrower, and of a brighter green. The root is like that of the blue flag in appearance, but has a strong aromatic smell, and a warm pungent taste. The flavor is greatly improved by drying.

The root possesses stomachic virtues, and is frequently grated into water, and given to children for flatulent colics, free of fever. It is sometimes used as an ingredient with dogwood, cherry bark, centaury, &c. in morning bitters, as a preventive of the ague in low marshy situations.

CANCER ROOT. See *Broomrape Virginia.*

CANDLE-BERRY MYRTLE. See *Bayberry.*

CARAWAY.

Carum Carui,

A choice aromatic—grows kindly in our gardens. The seeds assist digestion, strengthen the stomach, and are serviceable in flatulent colics. The dose of the seeds in powder, from one to two tea-spoonfuls to adults.

CARROT, WILD.

Daucus Carota.

The wild carrot grows two or three feet high in meadows and swamps, and flowers in July. The seeds have an agreeable aromatic smell, and in a slight degree, a warm pungent taste.

An ounce or half a handful of the seeds infused in a pint of water, and taken in doses of a tea-cupful every hour or two, is said to give immediate relief in suppression of urine, and is also serviceable in promoting the menses.

The roots of the carrot cultivated in our gardens, beaten to a pulp, form an excellent application to cancerous and other ill-conditioned ulcers, allaying the pain, checking the suppuration, and fœtid smell, and softening the callous edges. A marmalade of carrots, on account of their strong antiseptic qualities, has been successfully used for preventing and curing the sea scurvy. An infusion of these roots has also been found useful in gravel complaints.

CASTOR OIL.

Ricinus Communis,

Flourishes well among us. The kernels yield almost a fourth part of their weight in oil, which is ob-

tained from them either by expression or decoction. Expression is the best method of preparing; but the common mode is to shell the seeds, and boil them in water, and as the oil rises, to skim it off.

Castor oil is a gentle and useful purgative, and is a most efficacious remedy for the colic or dry belly-ach, and also dysenteries, in doses of a wine-glassful every two or three hours until it operates. In doses of a teaspoonful, it is the most suitable purge, when not rancid, to expel the meconium from new-born infants.

CAT-GUT, OR GOAT'S RUE.

Galega Virginiana.

It is vulgarly called cat-gut, from the resemblance of some of its roots to the article of that name.

A decoction of the roots is reputed to be an excellent medicine for destroying worms.

CELANDINE, THE GREATER.

Chelidonium, Major,

Grows about two feet high in meadows, and by running brooks, has many stalks, with larger joints than is common in other plants, very easily broken; the leaves large and saw-edged; the flowers, consisting of four leaves, are yellow; after which come long pods, enclosing black seeds; the roots long, reddish externally, and yellow within, and full of yellow juice.

Twenty or thirty drops of the juice, or half a teaspoonful of the dried root in powder, in a cup of new milk, morning and night, is said to be beneficial in dropsy, green sickness, and cutaneous eruptions. The juice rubbed on warts, ring and tetter worms, effectually cures them. A poultice made of this plant boiled in milk, or the roots roasted, and mashed in vinegar, is extolled by some as an excellent application to disperse scrophulous tumours on the neck.

CENTAURY.

Centaurium Minor,

Is a fine stomachic bitter; and either in a simple infusion, or united with calimus or angelica root, is excellent in relaxations of the stomach and general debility.

CAMOMILE.

Chamæmelum,

Grows well in our gardens. An infusion, or tea, made of the flowers, is excellent to warm and strengthen the the stomach in cases of indigestion, loss of appetite, and and other complaints arising from debility. It is also of great use in doses of a tea-cupful three times a day, as a preventive to the ague and fever, and bilious fever, in sickly situations. In the form of fomentation and poultice it is serviceable in discussing hard tumours.

CAMOMILE, WILD. See *Mayweed.*

CHERRY TREE, WILD.

Prunus Cerasus Virginiana.

The bark of this tree is an excellent substitute for the Peruvian bark. I have myself frequently employed it in the cure of ague and fever, bilious fever, and other diseases where tonic medicines were proper. In intermittents of long standing, I have found it more efficacious when united with the Virginia snake root, in the proportion of one part of the latter to four of the former. It may be employed either in powder or decoction in the same doses as the Peruvian bark. A strong infusion of it in sound cider, is said to be useful in the jaundice. A decoction of the bark will be found a good wash to ill-conditioned ulcers. The cherry of the tree when ripe in autumn, is much used in the southern

states for making bounce and cordial. The gum of the common cherry tree, is a good substitute for the gum arabic.

CHICK-WEED, RED.

Annagallis Phenicea.

Called also red pimpernel, guach-hul. Is cultivated in many gardens, and grows spontaneously near Baltimore and Havre de Grace.

According to the deposition of Valentine Kettiring to the legislature of Pennsylvania, and report made by their committee, the red chick-weed is a specific in that most dreadful of all diseases, the hydrophobia, or bite of a mad dog. The dose for an adult is a small table-spoonful of the dried leaves in powder. For beasts the dose is much larger.

CINQUEFOIL.

Potentilla Reptans,

Grows on pasture grounds, and is something similar to strawberry. The stalks trail along the ground, and have but five leaves on each stalk, placed together, of unequal size, and bear a yellow flower.

The whole of the plant, particularly the root, in the form of decoction, a handful to a quart of water, or milk, boiled slowly, and sweetened with loaf sugar, is recommended as a remedy for the dysentery and bowel complaints. The dose for adults is a tea-cupful three or four times a day, and one third or half the quantity for children.

CLEAVERS. See *Goose Grass.*

COAKUM. See *Pokeweed.*

COCK-UP-HAT, OR YAU WEED.

Stillingia,

Grows on the high dry lands of the southern states, and is much used there as a cathartic medicine. It is employed in the cure of that hideous disease, the yaws, and is said to be a specific in the venereal disease.

COHUSH, OR PAPOOSE ROOT.

Caulophyllum Thalictroides,

Grows about two feet high, in low moist rich grounds near running streams, and on islands that have been overflowed. The leaves grow on small stalks near the top of the stem, which resembles the hand and fingers. The flowers are of a pale blue colour, which yield a berry something like grapes. The root is composed of many fibres, and is crooked, resembling the rattle snake root.

An infusion of the root, a handful to a quart of boiling water, in doses of a tea-cupful three or four times a day, or the same quantity steeped in a quart of spirits, in doses of a wine-glassful twice or thrice a-day, is highly extolled by the country people as a remedy for the rheumatism, and serviceable in cases of obstruction of the menses and dropsical complaints.

COLT'S FOOT.

Tussilago Farfara,

Grows about eight inches high, in moist situations, producing yellow flowers early in the spring, which appear before the leaves. These are soon succeeded by large roundish leaves, which have a bitterish mucilaginous taste.

It is said a decoction of the leaves and flowers, two handfuls to a quart of water, with or without milk,

taken freely, is serviceable in coughs, consumptions, diarrhœas and dropsical complaints. The leaves powdered fine, and used as snuff, removes giddiness and obstructions of the head.

COLUMBO AMERICAN.

Columba Americana,

Grows plentifully in the western country, in the vicinity of the Ohio river, and from abundant experiments, is found fully equal to the imported. Columbo root has long been esteemed a powerful antiseptic and tonic, and as such, has been employed with manifest advantage in gangrene, cholera morbus, bilious vomiting, or purging, bilious fever, indigestion, want of appetite, &c. It may be given in powder in doses of a small tea-spoonful every three or four hours; or in decoction in doses of a tea-cupful. Two or three ounces of the root steeped in a quart of spirit, form an excellent bitter, which, when taken in mint-water, or infusion of orange-peel, in doses of a table-spoonful, is excellent for moderating the retching in pregnant women.

COMFREY.

Consolida,

Grows about two feet high in moist situations near springs, but is cultivated in our gardens. The leaves are large, similar to water dock, flowers of a pale blue colour; the roots long, rather thicker than a man's finger, mucilaginous, and black externally, but white within.

A handful of the roots boiled in milk, and given in doses of a tea-cupful three or four times a-day, is a popular remedy in dysentery, bowel complaints, and the fluor albus or whites. It is also beneficial as a diet drink in the clap, or in other cases attended with a burning heat in making water.

CORIANDER.

Coriandrum,

Is cultivated in our gardens. The seeds are warm, and of a pleasant flavour, and in doses from a tea, to a table-spoonful, have been found useful in cases of indigestion, and flatulence. When mixed with senna, they more effectually correct the odour and taste of the infusion, than any other aromatic. They also form an excellent addition to ingredients for bitters.

COW PARSNIP.

Heracleum Sphondylium,

Is found in hedges, meadows and pastures; but should be carefully distinguished from the hemlock or wild parsnip that grows in hedges, and is poisonous.

According to Dr. Orne of Salem, it has been often used with success in epilepsy, especially in cases of indigestion with flatulence. The dose is three drachms of the powdered root, taken daily, and a strong infusion of the leaves and tops drank at bed-time.

CRANE'S BILL.

Geranium Maculatum,

Improperly called by some crow foot. It grows five or six inches high in meadows and woods; has long slender stalks, with seven long narrow leaves at a joint. The root is generally crooked and knotted, blackish on the outside and reddish; has a rough taste, with an aromatic flavour.

When applied externally, it is highly extolled for its styptic power, in stopping hemorrhages of wounded vessels. The powdered root in dose of a tea-spoonful thrice or four times a-day, or a decoction in milk, used as a common drink, is said to be excellent in checking

immoderate menstrual discharges, also the whites and gleets, and obstinate diarrhœa.

The following account of the efficacy of crane's bill, as stated by Dr. Mease in the Medical Museum, deserves the attention of the reader:

The son of Mr. David Cooper near Woodbury, partially divided the artery at the wrist with the point of a hatchet in trimming a tree; the wound bled profusely, and an aneurismatic tumour of the size of a pullet's egg was quickly formed. Dr. Hendry, who was immediately called, applied a tourniquet, and also a piece of flat lead to the tumour; and apprehending that the usual operation would be necessary, requested the assistance of Dr. Wm. Shippen from Philadelphia. On the arrival of that gentleman, the operation was resolved on; when the father of the young man insisted upon the trial of a vegetable remedy, which he said he had learned the use of from one of the aborigines of our country. He immediately repaired to the woods, and returned with some of the specific, which was pounded in a mortar with a little cold water, and applied to the part, and in a short time, to the great satisfaction of the sufferer and his friends, checked the bleeding. The tourniquet was left on as a precautionary measure, but fortunately no occasion offered for using it. In the course of a few days the wound healed, and the young man had no further trouble.

A man in pruning a tree, divided the stout muscles of the fore-arm in an oblique direction: the wound was full four inches in length, and bled profusely from a large artery and numerous smaller vessels. His shirt sleeve was filled with blood; for being made tight round his wrist and fore-arm, it prevented the blood from escaping, and forming a coagulum round the bleeding orifice, checked for a short time a further effusion.

The powerful effects produced by the geranium in the former case, induced Dr. Hendry to apply it in the present; accordingly he procured some of the roots, and after washing and pounding them, filled the wound therewith: the effect upon the smaller vessels was almost instantaneous in checking the profusion of their

contents, and the bleeding in a short time entirely ceased; and although, as in the former case, the tourniquet was very properly suffered to remain, yet no occasion offered for using it.

Another case occurred of a wound in the ancle from a scythe, which had bled so profusely as to cause the man to faint; but on the application of the geranium by Dr. Hendry as above, it ceased in a short time.

In the instance of a violent vomiting of blood, which had resisted a variety of remedies, an infusion of the plant in water, produced the desired effect in a few minutes.

Another instance mentioned to me by Dr. H. of the astringent effects of the geranium, was that of a young man who had a most obstinate hemorrhage from the socket of a jaw-tooth, which had been extracted. An attempt was made by a physician from Philadelphia to close the bleeding orifice by burning it with a red hot needle, but without effect; on the application, however, of the geranium, the bleeding soon ceased. In consequence of the virtues of the geranium having been so often experienced about Woodbury in cases of hemorrhage, the inhabitants have been induced to cultivate the plant in their gardens; and it would be well if their example were followed by every one in the country; for though Providence has diffused the valuable plant over every part of our country, yet as it grows principally in the woods, and the accident it is intended to relieve may admit of no delay, and often happens in winter when the plant cannot be found, it should be transferred to every garden, that it may be at hand when wanted.

CROSSWORT. See *Thoroughwort.*

CROW FOOT.

Ranunculus Bulbosus.

A very acrid plant, growing in meadows and fields. The leaves or roots bruised, and applied to any part

of the body, will soon raise a blister, and ought to be used when the Spanish flies cannot be obtained. The roots collected in the fall, may be very well preserved through the winter, by burying them in some fine dry sand.

CUCKOLD. See *Agrimony.*

CUCKOW BREAD. See *the following.*

CUCKOW PINT.

Arum Maculatum,

Also called lords and ladies, wake robbin, dragon root. The leaves are generally bespangled with black and white spots, and striped in gaudy style; whence the country people have given it the name of lords and ladies. The root is bulbous, resembling a small turnip.

Both this and the leaves in a fresh state, are extremely acrid, and have been used with advantage externally for blistering, and internally in cachexies, rheumatisms, and all other complaints of cold phlegmatic habits. Of the fresh root, from ten to thirty grains may be taken thrice a day, in the form of emulsion, with gum arabic, or cherry-tree gum. The root, which should be used fresh, may be kept so for a year, by burying it in a cellar in sand.

CUCUMBER ROOT.

Medeola Virginica.

According to professor Barton, it is a very common plant. The root is white, and tastes a good deal like the cucumber. It possesses diuretic properties, and has cured dropsies.

CURE-ALL. See *Avens.*

CURRANTS.

Ribes.

The white, red, and black currants, all grow luxuriantly in our gardens, and when perfectly ripe, and made with sugar and water, into the form of lemonade, serve as a most grateful and cooling drink in fevers.

An infusion of the bark, sweetened with currant jelly, or honey, is an excellent gargle in sore throat, and an infusion of the young shoots is said to be beneficial in eruptive fevers. Currants afford an excellent wine, for making which, the following is an admirable recipe.

Of red or white currants ripe take fourteen pounds, broke into three gallons of water, and let stand for two days, when the stalks, &c. will all be at top. Press off all the stalks, and while straining the mixture, add twelve pounds of sugar; turn it into a cask, and keep it full enough to let the feculent matter work out—repeatedly removing it, and filling it up, until no more rises, which will be in about fourteen days; add to it one quart of spirits nearly tasteless, or else brandy, and bung up close—keeping it at least six months before it is bottled. Let the currants be gathered free from dew or rain; and if they be spread a day or two before they are used, they will be none the worse. Fourteen pounds will make one gallon juice, twelve pounds of sugar another gallon; therefore the above ingredients should be equal to five gallons, and enough to fill up with.

CUSTARD APPLE.

Annona Triloba,

Is said to be a good purgative medicine.

DANDELION.

Leontodon Teraxacum,

Vulgarly called piss-a-beds; grows in meadows, pastures, and road sides and ditch-banks, with yellow flowers, which blow from April to September, and possess the remarkable quality of expanding early in the the morning, and closing in the evening.

The root, leaves and stalk contain a large proportion of bitter milky juice, which, in doses of a wine-glassful twice or thrice a day, is good in chronic inflammations of the liver, dropsies, difficulty of making water, and other complaints arising from obstructions of the viscera. It may also be taken in the form of a strong decoction, from a gill to a half pint twice or thrice a day.

DEADLY NIGHTSHADE. See *Nightshade Deadly.*

DEERBERRY. See *Mountain Tea.*

DEVIL'S BIT.

Veratrum Luteum.

The root of this plant is a very pungent bitter, and is employed as a tonic, either in the form of tincture or infusion. In this last form it has also been employed as a vermifuge.

DEWBERRY. See *Blackberry.*

DILL.

Anethum Graveolens,

Flourishes in our gardens, producing seed delightfully aromatic, which, in doses of one or two tea-spoonfuls, are excellent to remove flatulent colics, and assist digestion.

DOCK WATER, OR WATER DOCK.

Rumex Aquaticus,

Grows in wet ditches, mill-ponds, sides of rivers, and in shallow water, flowering in July and August.

Half a pint of a decoction of the leaves or roots, two handfuls to a quart of boiling water, or two or three tea-spoonfuls of the dried roots in powder, taken two or three times a-day, is an admirable medicine to sweeten and purify the blood in scurvy, scald head, tetter worm, and other cutaneous diseases. The fresh roots bruised, and mixed with vinegar, or in strong decoction, is a good cure of the ring worm, and has often subdued that filthy complaint the itch, when quack medicines, and even sulphur had failed. It is also well worthy trying in form of poultice to tumours and cancerous ulcers.

The *curled dock*, *narrow and broad leaved dock*, which grow in yards and cultivated fields, are all varieties of this useful plant, and possess similar virtues. It is said the narrow leaved dock, applied in the form of fomentation and poultice, to a cancerous sore, and from a pint to a quart of the decoction taken daily, made a perfect cure.

DOGWOOD.

Cornus Florida.

The bark of this famous tree, which may well be termed the cinchona or Peruvian bark of North America, possesses like that all those tonic powers, which give it such admirable control over intermittents, gangrene, and all diseases proceeding from debility.

From my own observation in practice I am abundantly warranted in pronouncing it generally preferable to the imported bark, which is often injured by adulterations. Like the Peruvian bark, but in somewhat larger doses, it may be used in substance or decoction,

infusion or tincture, either alone or conjoined with snake root, or some of the aromatics. But the shape in which it will be found most agreeable, is that of an extract, which is easily prepared by boiling the bark, straining it, and then evaporating it very slowly to the consistence of honey. To prevent the fatal effects of burning it, the vessel in which it is evaporated should be of the wide mouth sort, placed in a large pot of boiling water, and often stirred towards the close of the operation.

The dose is from a half to a whole tea-spoonful, thrize or four times a-day. The beautiful red berries of dogwood, combined with lemon peel, snake root, calimus, or any other warm aromatic seeds, form a fine bitter against the common fall complaints.

DRAGON'S CLAW. See *Fever Root.*

DRAGON ROOT. See *Cuckow Pint.*

ELDER COMMON, OR BLACK.

Sambucus Niger,

Grows to the height of a small tree, in hedges, and along the borders of meadows: the young shoots are full of pith, and the old stalks empty; flowers in July, and the berry of a blackish purple colour when ripe.

The expressed juice of elder berries put into a plate, or wide mouth vessel, and evaporated in the sun to the state of an extract, in doses from a tea, to a table-spoonful, acts as a good aperient medicine. A tea made of the leaves, a large handful to a quart of boiling water, and taken freely, removes a costive habit, promotes perspiration, and thus proves useful in eruptions of the skin, St. Anthony's fire, colds, dropsies, and all obstructions of the viscera. The inner green bark, steeped in wine, a large handful to a pint, or made into a strong decoction, purges gently, in doses

of a gill. The flowers stewed with lard, form a good ointment for burns.

Elder berries also form an excellent wine, according to the following recipe: Elder wine is made by mixing twelve gallons and a half of ripe elder berry juice, and forty-two pounds of sugar, with thirty-seven gallons and a half of water, that previously has had boiled in it six ounces of ginger, and nine ounces of pimento, bruised and strained off; and when it has nearly cooled, rather less than milk warm, add a pint of thin brewer's yeast, and let it ferment for fourteen days, in the barrel, then bung up close, and bottle in six months.

ELECAMPANE.

Inula Helineum,

Grows three or four feet high, in stony pastures, and by the road side; flowers large and yellow, in July and August; and the root when dry, has an agreeable aromatic smell, and in a decoction sweetened with honey, or in the form of syrup, or a tea-spoonful of the powdered root in molasses, is recommended for promoting expectoration in asthma and coughs. The fresh root, in ointment, or strong decoction, is said to cure the itch.

ELM, AMERICAN, OR SLIPPERY.

Ulmus Americana.

My very learned friend, professor Mitchell, has witnessed its good effects internally in catarrhs, pleurisies, and quinsies; and externally as a poultice for gun-shot wounds, tumours, and all ulcers and sores accompanied with irritation. A tea-spoonful of the inner bark in powder, to a quart of boiling water, or a simple infusion of the bark in boiling water, forms an astonishingly rich jelly, which I have often tried with the happiest effects, in diarrhœa and dysentery. With the

addition of a little sugar, lemon juice, citron, or nutmeg, it might be made an excellent substitute for sago or arrow root.

I am indebted for this improvement to the reverend and very amiable Dr. Gant, many years chaplain to congress, and physician to Mr. Jefferson. This learned gentleman, universally celebrated for his successful treatment of dysentery, declared to me, with great candor, that he ascribed much of his reputation in that dangerous disease to this fine jelly.

EMETIC WEED, OR INDIAN TOBACCO.

Lobelia Inflata,

Grows in dry fields, and rises to the height of one or two feet, with branched stems, flowering in July and August, with blown cups, filled with numerous small seeds. The blossoms are solitary in a kind of spike, of a pale blue colour. The leaves are oblong, and have a very acrid and pungent taste, similar to that of tobacco.

The leaves collected in August, while the plant is in blossom, and carefully dried and preserved, act as a speedy and excellent emetic, in doses from ten to twenty grains; or it may be exhibited in the form of a saturated tincture, in doses from a tea to a table-spoonful.

As it is a medicine of considerable activity, it should be given in small quantities, and the dose repeated every ten or fifteen minutes, until it excites vomiting. From its speedy operation, as an emetic, there is no doubt it would be an effectual remedy for the croup and hooping cough. In small doses it must be of great utility in consumptive and other coughs, by exciting expectoration. It is, however, valued on account of its approaching nearer to a specific in that most distressing disease the asthma, than any other that has been yet discovered.

The following highly interesting observations from the Rev. Dr. M. Cutler, an eminent botanist, who first

noticed the virtues of this plant, is related in Dr. Thacher's American new Dispensatory.

" By chewing a small portion of it, commonly not more than *one* of the capsules, it proves a gentle emetic. If the quantity be a little increased, it operates as an emetic, and then as a cathartic, its effects being much the same as those of the common emetics and cathartics.

" It has been my misfortune to be an asthmatic for about ten years. I have made trial of a great variety of the usual remedies, with very little benefit. In several paroxysms, I had found relief more frequently than from any thing else, from the skunk cabbage. The last summer I had the severest attack I ever experienced. It commenced early in August, and continued about eight weeks. Dr. Drury, of Marblehead, also an asthmatic, had made use of a tincture of the Indian tobacco, by the advice of a friend, in a severe paroxysm early in the spring. It gave him immediate relief, and he has been entirely free from the complaint from that time. I had a tincture made of the fresh plant, and took care to have the spirit fully saturated, which I think is important. In a paroxysm, which was perhaps as severe as I ever experienced, the difficulty of breathing was extreme, and after it had continued a considerable time, I took a table-spoonful. In three or four minutes my breathing was as free as it ever was, but I felt no nausea at the stomach. In ten minutes I took another spoonful, which occasioned sickness. After ten minutes I took the third, which produced sensible effects upon the coats of the stomach, with moderate puking, and a kind of prickly sensation through the whole system, even to the extremities of the fingers and toes. The urinary passage was perceptibly affected with a smarting sensation in passing urine, which was probably provoked by stimulus on the bladder. But all these sensations very soon subsided, and a vigour seemed to be restored to the constitution, which I had not experienced for years. I have not since had a paroxysm, and only a few times some small symptoms of asthma.

Besides the violent attacks, I had scarcely passed a night without more or less of it, and often so as not to be able to lie in bed. Since that time, I have enjoyed as good health as perhaps before the first attack. Dr. Cutler states a particular case has been related to him, of an effectual cure of the hydrophobia, or bite of a mad dog, in the last stage of the disease, by this plant. In a disease so formidable as this, it is certainly worthy of trial."

ERGOT, OR SPURRED RYE.

Secale Cornutum.

Rye is subject to a disease in low wet situations, or when a hot summer succeeds a rainy spring. The spurious substance called ergot, is found projecting from among the leaves of the spike or ear; it is a long crooked excrescence, resembling the spur of a cock, pointed at the extremity, of a dark brown colour externally, and white within. Some spikes are occupied wholly by spurs, while others have two or three only, interspersed with genuine seeds of rye.

This extraordinary substance possesses considerable medicinal properties. In lingering and laborious cases in childbed, it acts as an invaluable medicine, speedily inducing forcible pains, and expediting delivery. It is given in the form of powder, in doses from five to fifteen grains, but it has sometimes been found more active in the form of decoction, prepared by gently boiling thirty grains of the powder in half a pint of water, of which one third may be taken every twenty minutes, until proper pains shall have commenced.

It is proper, however, to caution the domestic practitioner against employing this powerful medicine in cases of præternatural presentation, or even in every case of natural presentation. The powerful and continued efforts of the uterus, from the effects of the ergot, prevent the retreat of the child's head after being advanced, and the unceasing pressure in some instances, occasioned the death of the child. Let this

circumstance, therefore, have its due effect, and induce the utmost precaution in the administration of this powerful article.

This medicine has also been successfully employed in cases of obstructed menses, or monthly evacuations. See Thacher's Dispensatory.

EVERGREEN CASSINE. See *South Sea Tea.*

FEATHERFEW, OR FEVERFEW.

Matricaria Vulgaris.

It is frequently cultivated in gardens. A handful of the leaves and tops infused in a quart of water, and given in doses of a tea-cupful three or four times a day, is used by country people to promote the menses, to strengthen the stomach, to raise the spirits, and promote perspiration in colds and fevers.

FENNEL, SWEET.

Fœniculum Dulce,

Grows kindly in our gardens. A tea-spoonful of the seeds with a little sugar and spirits, is a common remedy among the country people in flatulent colic. To children afflicted with the above complaint, an infusion of the seeds sweetened is highly serviceable. The seeds yield an aromatic oil, which, in doses from two to twelve drops, removes flatulence, promotes expectoration, and is serviceable in coughs.

FERN FEMALE, OR BACKACH BRAKE,

Grows near ponds, and in moist pastures, about twelve inches high. The leaves are single, winged, and about a hand's length; the root is about the size of a

goose quill, of a brown colour, very sweet, and of a mucilaginous taste.

A quart of a strong decoction of the roots, and a pint of honey, formed into a syrup, by gentle simmering, and given in doses of a table-spoonful every hour or two, is esteemed highly beneficial in all violent coughs. It is said that three parts of the roots of this plant, and one part of sumach root, boiled slowly in any kind of spirits, until it becomes slimy, and then applied warm to the spine, has frequently relieved the backach; hence the vulgar name, backach brake. It has also been employed as a remedy for the rickets in children.

FERN, MALE.

Polypodium.

Called also sweet fern, male polypody. It grows in woods and stony places, flowering from June to October.

The root, when chewed, is somewhat mucilaginous and sweet, and afterwards astringent and bitter.

Sweet fern in powder, in doses from one to two teaspoonfuls, or a decoction, a pint a day, followed on the fifth day with a dose of castor oil, or some purgative medicine, is esteemed a powerful medicine against worms, and particularly the tape worm.

FEVER BUSH, OR WILD ALLSPICE.

Dumus Febris,

Grows in meadows and swamps, and generally rises five or six feet high, leaves numerous and somewhat spearshaped; the blossoms rather of a reddish colour; the berries are blood red, and of a pleasant smell.

A handful of the twigs of this bush, infused in a quart of boiling water, and given in doses of a tea-cupful every hour or two, is said to be extremely cooling and beneficial in fevers.

A handful or two of the berries infused in a quart of spirits, forms a pleasant bitter.

FEVER ROOT, OR DRAGON'S CLAW,

Grows upon mountains, and the sides of hills, about six or seven inches high; the leaves grow in a cluster from the top of the root, spear-shaped, blossoms yellow; the root black, about the size of cloves, very tender, resembling the claws of the animal whose name it bears. When it is pulverized and exposed to the air, it will liquify.

The root in form of powder in doses of a tea-spoonful, or in the form of decoction, a handful to a quart of water, in doses of a tea-cupful every hour, is esteemed an excellent medicine in bilious fever, pleurisy, colds, St. Anthony's fire, and other febrile diseases.

FIG TREE.

Ficus.

This tree ought more generally to be cultivated in our gardens, as it affords a fruit both grateful to the stomach, and easy of digestion, possessing also medicinal properties.

A decoction of figs makes an excellent gargle for cleansing the throat and mouth; and the fruit, externally applied to tumors, or gum-biles, is good to promote suppuration. When unripe, figs, as well as the whole tree, yield an acrid milky juice, which if taken, proves doth emetic and purgative, but externally is a mild caustic—hence is frequently used to remove warts, ring and tetter worms.

FLAG BLUE, OR WATER FLAG.

Iris Pseudacorus,

Grows by the brink of rivers, in swamps, and meadows, blossoming in July; flowers blue, variegated with white, yellow and purple.

The juice, in doses of a tea-spoonful, diluted with water, is said to be an active cathartic medicine, and to produce copious evacuations from the bowels, and to be useful in dropsy and dysentery. It produces similar effects in powder, from thirty to sixty grains, and has been employed as a vermifuge. In the form of decoction, used as a diet drink, it is greatly extolled in venereal cases.

The root of the yellow flag, mixed with the food of hogs that have been bitten by a mad dog, has been known to save, when without it others have run mad.

FLAG, SWEET. See *Calimus.*

FLAXSEED.

Linum,

Possesses great medicinal virtues. An infusion, or tea, is the most suitable drink for patients labouring under violent colds, coughs, difficulty or burning in making water. The flaxseed syrup, which is prepared by adding a pint of honey to a quart of strong tea, and simmering it away slowly by a gentle fire for an hour, observing to take off the scum as it rises, I have found to be a most valuable medicine in diseases of the breast and lungs, in doses from a tea to a table-spoonful, every hour of two, or oftener when the cough is troublesome. The flaxseed, bruised, also forms one of the best emollient poultices with which we are acquainted.

FLEA BANE, PHILADELPHIA.

Erigeron Philadelphicum.

Called by some, skerish. It is said, by professor Barton, to be a very common plant in many parts of the United States, and that in the form of infusion or decoction, it operates powerfully as a diuretic, and also as a sudorific. It is likewise reputed to be a good remedy for promoting the menstrual discharge.

In Virginia there is a plant called piss-wort, which is esteemed a powerful medicine in cases of strangury or difficulty of urine.

FLOWER DE LUCE. See *Flag Blue.*

FLUX ROOT. See *Pleurisy Root.*

FOX-GLOVE.

Digitalis Purpurea,

Has lately been cultivated in our gardens. It rises to the height of two or more feet, and its leaves are large, egg-shaped, notched like a saw, and covered with hairs. Blossoms of a beautiful purple colour, hanging downwards in a row along one side, which are compared with the fingers of a glove, and in the inside are elegantly mottled with spots like little eyes.

The fox-glove has been employed with advantage in those disorders where the frequency of the pulse requires to be abated. In the incipient stage of consumption, it has, by diminishing the circulation through the lungs, frequently succeeded in arresting the progress of the disease. It has also been advantageously employed in the second stage, but here it should be exhibited with the greatest precaution. The treatment of consumption with fox-glove, cannot be more satisfactorily shown, than

in the following practical remarks of my learned friend, Dr. John Spence, of Dumfries, Virginia, communicated in that useful work, the New-York Medical Repository:

"In the incipient stage of consumption, where there is considerable vigour of constitution, particularly if attended with active hemorrhage from the lungs, I push the use of the digitalis cautiously, but freely; that is, I try to reduce the pulse under sixty strokes in a minute, and maintain this depression for two or three weeks, notwithstanding there be occasionally considerable and distressing nausea. At the same time, I advise a milk and vegetable diet, with gentle exercise on horseback, or in a carriage, when the weather will admit, and the use of the swing-chair for an hour at a time, twice or thrice a-day. When the pains about the chest are wandering, I also advise the repeated application of a blister, and other stimulating plasters, to the breast, and between the shoulders; but if the pain be fixed, I prefer the introduction of a seton, as near the part affected as possible. My patient is also directed to drink moderately of emollient teas, or tar water, to be warmly clothed, to avoid cold and wet feet, and setting up late at night. All great exertions of the body, but particularly of the lungs, as singing, or speaking loud, must also be carefully avoided.

"In the second, or more advanced stage of this disease, accompanied with a quick pulse and great general debility, the treatment is very different. The fox-glove must be so managed, as to lower the pulse, and moderate the fever; but never pushed to such an extent, as to excite nausea or sickness at the stomach. A little experience will soon enable a judicious and attentive practitioner to ascertain the dose adapted to his patient's constitution; and as soon as he has attained this knowledge, he must be persevering in the use of the medicine. At this period of the disease, the patient's strength must never be suffered to languish. He must be supported by nutritious diet. Agreeably to the present manners of society, two or three meals are taken in the course of the day; but this mode of eating is very improper with

delicate constitutions, more food being generally eaten at such stated periods, than is necessary; thereby causing great heat, accelerating the pulse, and throwing the whole system into commotion. The diet should be nourishing, and of easy digestion, such as jellies, broths, eggs boiled soft, oysters raw or moderately roasted; indeed a bit of fowl, beef, mutton or venison, dressed rare, may be taken in small quantities every two or three hours throughout the day. This deviation from the present fashion of eating is indispensable, ample nourishment being thereby thrown into the system without exciting irritation. At the same time I recommend solid food in this way, I forbid the use of spices, wine, or spirits. The same directions respecting topical applications and exercise, are equally applicable to this, as the incipient stage, and particularly the exercise of swinging; and care must be taken, that the swing-chair be so constructed, that the patient may be perfectly at ease, without being afflicted by fatigue, or bodily exertion."

Many other respectable physicians bear testimony in favour of this medicine in consumptive cases. Dr. Beddoes, of London, considers the fox-glove almost as infallible a remedy in consumption, as the Peruvian bark in intermittents. From its power of reducing the force of the circulation, it is esteemed likewise a valuable remedy in bleeding of the nose, spitting of blood, and excessive discharge of the menses, and also in palpitation of the heart from the passions of the mind or intemperance.

Dr. Rand, of Boston, has experienced the most decidedly good effects of this medicine in most of the preceding complaints. In one instance of hæmoptoe, or spitting of blood, in a very athletic young man, where the discharge eluded the force of every other medicine, it reduced the pulse in eight hours, from one hundred to fifty pulsations in a minute, and stopped the hemorrhage. He has also given the medicine with complete success in cases of mental derangement.

Fox-glove possesses also diuretic power, and has long been employed in dropsy. It unquestionably acts

powerfully as a diuretic, or in evacuating the water in dropsy, and will be found of the greatest utility in every species of this disease, but more especially the dropsy of the breast, when there exists an increased action in the system.

However, from the respectable authority of Dr. Withering, and the celebrated Dr. Darwin, we are assured it has been exhibited with the most happy effects, in cases of extreme debility, where the pulse was feeble, intermitting, and the countenance pale. It should not be given in such doses as to excite much sickness or purge, otherwise it will not produce its diuretic effect. The best rule for its administration, is to commence with the smaller doses, twice or thrice a day, and gradually increase the quantity daily, until the medicine either acts on the kidneys, the stomach, or the bowels; and on the first appearance of any of these effects, it is to be suspended.

After evacuating the water, tonic or strengthening medicines should be employed. Dr. Currie, another physician of great eminence in England, has employed this medicine with signal advantage in inflammation of the brain, heart, and lungs, and found it also an excellent remedy in the inflammatory rheumatism. The leaves of this plant are the part in use, of which from one to three grains in powder, may be given to an adult twice or thrice a day, alone, or united with some aromatic, or the powder may be formed into pills with soap, or the crumbs of bread, or it may be given in the form of infusion, by infusing a drachm of the dried leaves in half a pint of boiling water, for four hours, adding to the strained liquor one ounce of any spirituous water; from one to two table-spoonfuls to be given twice or thrice a day, as a medium dose for an adult. Another more convenient way of ascertaining the dose of fox-glove, is by making a saturated tincture of it in proof spirits, which has the twofold advantage of being invariable in its original strength, and of keeping a long time, without losing any of its virtues. Put two of the leaves nicely dried, and coarsely powdered, into half a pint of spirits; let it stand by the fire side twenty-four hours or longer,

frequently shaking the bottle, and thus making a saturated tincture of fox-glove, which must be poured from the sediment, or passed through filtering paper. From twenty to sixty drops of the tincture may be taken in a little mint-water or tea two or three times a day. This medicine has also been externally applied with good effects. An infusion of it is recommended as a good wash for painful cutaneous eruptions or ulcerations. An ointment, prepared by simmering the leaves in lard or fresh butter, has been found successful in scrophulous ulcers and scald head.

FRENCH APPLE. See *Thorn Apple.*

FROSTWORT.

Systis Canadensis,

Grows in woods about two feet high; leaves small and numerous, of a whitish colour like frost; the stalk purple; flowers of a pale colour, producing a small pod with very small seed.

It is said in cases of scrophula, or king's evil, an infusion of the leaves, a handful to a quart of boiling water, in doses of a tea-cupful three times a day, and the leaves in the form of poultice, applied to the swelling twice a day, has performed cures.

FUMITORY.

Fumaria Officinalis,

Grows in corn-fields, and by fences, and rises a foot high; leaves pale green, and the flowers of a reddish purple. The leaves in the form of infusion, a handful to a quart of boiling water, and taken in doses of a tea-cupful thrice a day, are esteemed a good medicine in scabby eruptions, and all cutaneous diseases, particularly if the eruptions are washed with the infusion.

GARGET. See *Poke Weed.*

GARLIC, COMMON.

Allium Sativum,

Is highly stimulating, and therefore useful to persons of cold phlegmatic constitutions. It provokes the appetite, assists digestion, removes flatulence, promotes expectoration and urine, and hence has long been used in scurvy, asthma, and dropsy.

Where it cannot be taken in substance, the best forms are either in syrup or pills. Externally applied, it blisters the skin. A poultice or cataplasm of equal parts of bruised garlic and crumbs of bread, mixed with sharp vinegar, applied to the soles of the feet, in the low stage of acute disorders, or nervous fever, is good to raise the pulse, and relieve the head. Sydenham says it exceeds all other applications for occasioning a revulsion from the head, and that the efficacy of garlic thus applied every night, until slight inflammation is produced, is superior to Spanish flies. It is an excellent remedy in cases of croup or violent sore throats. See ONIONS.

It will also be found a good application to the pubes in producing a discharge of urine, when its retention has arisen from want of due action of the bladder. When made into an ointment, it is said to discuss cold and indolent tumors, and has been esteemed for its efficacy in cutaneous eruptions. In deafness, a small clove of the root, wrapped in gauze, cotton, or wool, moistened with the juice, and introduced into the ear, has frequently proved an efficacious remedy, if repeated twice or thrice a day.

GENTIAN.

Gentiana,

Grows on the sides of roads, and in waste pastures, two or three feet high. The stem is strong, smooth,

and erect; the leaves, which rise from the lower part of the stem, are spear-shaped, large, ribbed and rough; flowers yellow, in whorls, terminating in yellow bitter berries.

Its virtues are equal to the imported. It has long occupied the first place in all recipes for bitters, whether used to provoke the appetite, or give tone to the system. It may also be taken in the form of infusion, a small handful of the root to a quart of boiling water, in doses of a tea-cupful three or four times a-day.

GINSENG.

Panax Quinquefolium,

Grows in abundance on the sides of mountains, and in rich soils. My friend, Dr. Thornton, has some plants growing on his farm near Washington, which he obtained at Monticello; he says it is easily cultivated. It flowers in July, and has black berries; the root has an agreeable sweetish taste, and is much esteemed by the Indians; it is also an article of exportation.

The leaves or root in the form of infusion, are considered useful in cases of debility, and gravel complaints. The root chewed, or steeped in wine or spirits, and taken in doses of a wine-glassful twice a-day, acts as a cordial, and invigorates the system.

GOAT'S RUE, VIRGINIA. See *Cat Gut.*

GOLDEN ROD, OR THREAD. See *Mouth Root.*

GOOSE GRASS.

Galium Aparine,

Called by some Poor Robin's plantain, from its efficacy in curing the gravel.

Grows in hedges, low grounds, and near brooks, to the height of five or six feet, climbing on the bushes

near it. The upper side of the leaves is white, with sharp prickles; the flowers small, and divided into four segments; these change into a fruit rather large, composed of two berries slightly adhering together, and covered with hooked prickles, containing two seeds.

The leaves in the form of decoction, a handful to a quart of water, are highly celebrated as a remedy in gravel complaints, and suppression of urine, in doses of a tea-cupful every hour or two, until relieved. It has also been recommended in the cure of scurvy, spitting of blood, and epilepsy or fits.

GROUND HOLLY.

Pyrolla Umbellata.

It is sometimes called Pippsisseva, which is its Indian appellation. It possesses, in an eminent degree, the same properties as Bear's Whortleberry, which see.

GROUND PINE.

Arthetica,

Grows plentifully in stony lands, about six inches high, sending forth many small branches, with small narrow grayish leaves, somewhat hairy; flowers of a pale colour, growing from the joint of the stalk, among the leaves, after which come small round husks.

A large handful of the leaves and flowers steeped in a pint of wine, and taken in doses of a wine-glassful twice or thrice a-day, is said to be beneficial in rheumatism and uterine obstructions.

GROUND PINK.

Silene Virginica,

Called also catch-fly. A decoction of the roots is said to have been found a very efficacious remedy for worms.

GUINEA PEPPER. See *Pepper, Red.*

HART'S TONGUE,

Grows among rocks and shady places; the leaves are of a shining black colour, long, pointed, and tongue-shaped.

This herb, in the form of infusion, a handful to a quart of boiling water, in doses of a tea-cupful two or three times a-day, is said to be a good remedy in diarrhœa and dysentery; and in the form of ointment, prepared by simmering a handful of the leaves in half a pint or more of lard, is a good application to scalds and burns.

HEART'S EASE, OR HERB TRINITY.

Viola Tricolor,

Grows generally in corn fields, producing white and yellow blossoms, intermixed with purple, which flower from May to September.

A decoction of a handful of the fresh leaves, or half the quantity of the dried, in a pint of milk, used daily for some weeks, is said to be a certain remedy for that disorder in children, called milk scab, or that species of scald head which affects the faces of children.

HEART SNAKE ROOT.

This, according to my ever-esteemed and honourable friend, Paul Hamilton, Esq. flourishes in Carolina and Georgia, in rich high lands, never exceeding the height of six inches. The root is of a very aromatic taste, and the smell somewhat resembling the sassafras. The leaf shaped like a heart, dark green, and very glossy on the upper surface. The juice of the root and leaf pounded

together, in dose of a table-spoonful for an adult, is an active and safe emetic; and a decoction in as large quantities, and as frequent as the stomach will bear, is of excellent service in the jail, camp, and nervous fever.

HELEBORE, WHITE.

Veratrum Album,

Grows in wet meadows and swampy places. The stalk is thick, strong, hairy, upright, and usually rises from two to four feet. The leaves are large, oval, ribbed, plated, of a yellowish colour, and surround the stem at its base. The flowers are of a greenish colour, and appear from June to August, followed each by three flat pods, containing whitish triangular seed. The root is short, commonly near an inch thick, with numerous fibres hanging from it, of a brown colour externally; it has, when fresh, a nauseous bitter taste, burning the mouth and fauces; snuffed up the nostrils in very small quantities, it excites most violent sneezing.

Every part of this plant is extremely acrid and poisonous. By the hand of skill, it has been employed internally with beneficial effects in several obstinate diseases, as those of the melancholic and maniacal kind, and epilepsy, king's evil, herpetic, and other cutaneous affections. In those complaints the bark of the root, collected in the spring, has been given in the form of powder, beginning with half a grain at a dose, and gradually increasing the quantity daily according to its effects.

The American species, says Dr. Thatcher, very probably possesses all the properties of the foreign officinal root. It is undoubtedly a plant of highly active powers, meriting a particular investigation as an article of our Materia Medica. In fact, a new interest has lately been excited both in Europe and the United States, relative to the properties of white helebore. It is even supposed to be the basis of the French specific remedy, called Eau Medicinale d'Husson, so highly famed for its almost infallible powers in the cure of the gout, as to com-

mand the enormous price of from one to two crowns a dose. This remedy was discovered about forty years ago by Mr. Husson, a French officer, who affirms it to be prepared from a plant whose virtues were before unknown in medicine; and it has long been celebrated in France, and other parts of the European continent.

The importance and popularity of the subject were incitements to various attempts for that purpose, and to the ingenuity of Mr. I. Moore, member of the royal college of surgeons, London, the public are indebted for a composition, which, if not identically the same, bears a strong resemblance to the Eau Medicinale, in smell, taste, and dose: and also in all its effects, as far as it has been tried in the cure of gout. The composition of Mr. Moore consists of wine of opium Sydenham, one part, wine of white helebore, three parts, made by infufusing for ten days eight ounces of the sliced root of that plant, in two and a half pints of white wine, and strained through paper. This compound when exhibited in doses from one to two drachms, has, in a variety of instances, effected a speedy cure of gouty paroxysms. There are, indeed, well attested facts, where the most painful gouty affections have yielded to a single dose of about one drachm; and the instances of its failure have hitherto, it is believed, been more rare than can be said of any other remedy. The employment of the composition of Mr. Moore, has also, in the hands of respectable physicians, been extended to acute rheumatism, and to some comatose affections, with the most decided advantage; and a perseverance in similar trials is strongly recommended. Its operation may be promoted by some aromatic, or by peppermint, pennyroyal, or ginger tea. It in general occasions some nausea and vomiting, followed by bilious stools. Externally applied in the form of ointment or decoction, it cures the itch, and other cutaneous affections. An ointment is prepared by simmering the root slowly in hog's lard. The decoction is made by boiling two ounces or a handful of the root bruised, in a quart of water, to a pint and a half, and then strained. The addition of a

few ounces of lavender, rose, or lemon water, may be made, if convenient. With this the parts affected should be washed twice or thrice a-day.

HEMLOCK.

Conium Maculatum,

Grows to the height of six or seven feet in rich lands, near ditches, and in moist shady places. It is an umbelliferous plant, with large leaves, of a dark green colour on the upper side, and a whitish green underneath; they much resemble parsley, especially the leaves of the smaller sorts, whose poisonous quality is the most violent. The stalk is round, smooth, hollow, and marked with brown or red spots; the flowers are white; the seeds greenish; flat on one side, very convex, and marked with five furrows on the other. The root is long, yellowish without, white and fungous within, and somewhat resembling a carrot; it changes its form according to the season; the leaves have a rank smell, resembling the urine of a cat, but do not much affect the taste.

This poisonous plant possesses great medicinal virtue when judiciously employed. It has been used with considerable advantage in painful cancerous ulcers, venereal ulcerations, cutaneous affections, gleets, painful discharges from the vagina, and in a variety of cases of scrophulous affections. It has also been of great efficacy in epilepsy, chronic rheumatism, and jaundice. Externally applied, it has been useful in discussing scirrhous tumours, particularly those of a scrophulous nature.

The proper method of administering hemlock inwardly, is to begin with a grain or two of the powder of the leaves, or the inspissated juice, and gradually to increase the dose, until the head is affected with slight giddiness, or it occasions some sickness and trembling agitations of the body, or produces one or two evacuations the morning after the dose. One or more of these symptoms are the evidences of a full dose, and here continue until none of these effects are observed; and

then, after a few days, increase the dose; for little advantage can be expected, but by a continuance of full doses.

The dried leaves are less liable to injury from keeping than the inspissated juice. The leaves should be collected in June, when the plant is in flower, and its particular smell strong. The drying of the leaves should be performed quickly before a fire, on tin plates. The proof of the drying having been well performed, is the powder's retaining the odour of the leaves, and the deepness and freshness of the colour. It should be kept in close vials, and secluded from the light.

HENBANE, BLACK.

Hyosciamus Niger,

Grows at the sides of fences, about old ruins, and on dung-hills, and with the dung is sometimes carried into gardens, where from its similitude to parsnips, it is mistaken for them; and when eaten, produces stupor, and apoplectic symptoms terminating in death. It rises from one to two feet in height; the stalks are thick, woody, irregularly branched, and covered with a hairy down; the leaves surrounding the stalk at their base, stand irregularly; they are large, soft, and downy, pointed at the ends, and very deeply indented at the edges; their colour is a grayish green, and they have a disagreeable smell: the flowers are large, egg-shaped, and of a dirty yellowish colour, with purple streaks. The root is long, tough, white, and when recently cut through smells like liquorice.

According to Dr. Stork, the juice of this poisonous plant inspissated, and exhibited in doses from one grain to twenty, every twenty-four hours, has relieved many from palpitation of the heart, a tendency to melancholy, coughs, and other spasmodic disorders and convulsions, and this after other means had failed.

HERB BENNET. See *Avens.*

HERB TRINITY. See *Heart's Ease.*

HOGBED, OR HOGWEED.

Ambrosia,

Grows near farm yards, and on stony soils, like moss, about three inches high. The leaves are of a deep green colour, small and curly. The hogs delight to make their bed on it, from whence it derives its name.

A handful of this plant infused in a quart of water, and given in doses of a tea-cupful three or four times a day, is a popular remedy among women to promote the menses or courses.

HOLY THISTLE. See *Thistle Holy.*

HOODED WIDOW HERB.

Scutellaria Lateraflora,

Is found in abundance on the banks of rivers, and the borders of ponds, flowering in July and August. The stem is square, branched, and attains the height of from one to three feet. The leaves opposite, narrow-pointed, on long foot stalks; the blossoms small, of a violet colour, intermixed with small leaves.

Dr. Thatcher has introduced this plant in his American Dispensatory, on account of its recently reputed efficacy as an antidote to canine madness. It is directed to be given in the form of a strong infusion of the leaves every morning fasting, and to be continued for several weeks. For cattle, it may be mixed with their food or drink.

HOPS.

Humuli,

Are an agreeable strong bitter, principally used in making malt liquors. They also induce sleep; hence the popular remedy of a pillow of hops to procure sleep

in the delirium of fever, and insanity, which not unfrequently succeeds. They give out their virtues to spirits or water.

In the form of fomentation and poultice, hops serve as a most valuable application to ill-conditioned ulcers, or painful cancerous sores.

Mr. Stephen Hammock, assistant surgeon to the royal hospital at Plymouth, gives the following account of the benefit obtained from the external use of hops. I have seen, (says Mr. H.) very good effects from hops in poultices and fomentations applied to ulcers of the worst kind, in more than sixty patients received into the hospital from ships of war. Some of the ulcers proceeded from scurvy, and some from other causes. But though all of them have been sordid, fœtid, and extensive, yet the fœtor has soon been corrected by these applications, and the ulcers have ceased to spread.

A large handful of hops is to be well boiled with a quart of water, to which should be added meal, or bran, forming a poultice, applied to the ulcer, without any intervening lint. But, previous to this application of the poultice, the ulcers are directed to be well fomented with the decoction. The pain proceeding from the ulcers is soon alleviated, and the ulcers soon cease to spread. They become clean, and in a state to be dressed with lint, or any soft ointment. See *Duncan's Annals of Medicine*, also *Medical Repository*.

Hops form the bases of beer and yeasts, of which the following are the most simple, and among the most approved.

Beer. Take fifteen gallons of water, and boil one half of it, or as much as can conveniently be managed; put the part of the water thus boiled, while it is yet of its full heat, to the cold part, contained in a barrel or cask, and then add one gallon of molasses, commonly called treacle, stirring them well together; add a little yeast, if the vessel be new, but if it has been used for the same purpose, the yeast is unnecessary. Keep the bung-hole open, till the fermentation appears to be abated, and then close it up. The beer will in a day or two

afterwards be fit to drink. A few handfuls of hops, boiled in the water, either with a little orange peel, or without, give a wholesome and pleasant bitter to this beer, and assist in keeping it from turning sour. If tops of the spruce-fir be added to the water which is boiled for making this beer, it is then called spruce beer.

Extemporaneous small beer. To two quarts of common porter, add of molasses half a pint, of ginger two drachms, water just warm, four quarts; let the whole ferment in a warm place, then rack off.

Another. Lemon peel one ounce, cream of tartar four ounces, hops one ounce, molasses one quart, ginger one drachm, bruised cloves four in number, boiling water four gallons; ferment with yeast.

To make yeast. Boil a pint bowl full of hops in two quarts of water to one quart; put eight table-spoonfuls of flour into a pan, and strain the hop water boiling on it; when mixed, it should be thick batter, and when milk warm, stir in it a breakfast cup of good yeast; put in into three porter bottles, stopping them with paper; put them into a milk pan near the fire, and as soon as the mixture rises to the top of the bottle, remove them to the cellar until it subsides, then cork the bottles, and and set them on a cool cellar floor, or in an ice house. In very warm weather, the corks ought to be taken out every day, to let out the carbonic acid air, and the bottles again stopped.

Another valuable receipt. Boil twelve clean washed, middle sized potatoes, and at the same time, boil, in another vessel, a handful of hops in a quart of water; peel and mash the potatoes in a mortar or bowl; pour part of the hop water, while hot, upon the potatoes, mix them well, and pass them through a sieve, then add the remainder of the hop water, and half a tea-cupful of honey, beat all well, and add a small portion of leaven to bring on the fermentation. Put the whole in a stone jug, and set by the fire, in the winter; all the utensils must be scalded every time they are used, and washed perfectly clean. One tea-cupful of the

above potatoe yeast, will answer for two quarts of flour. In summer the yeast ought to be made every second day.

HOREHOUND.

Marrubeum Vulgare,

Grows among rubbish, flowering from July to September. The leaves have a very bitter taste.

An infusion or tea of the leaves sweetened, is a very common remedy for colds. A syrup prepared by simmering slowly for an hour, a pint of honey in a quart of a strong decoction of the plant, is, from my own experience, an excellent medicine in coughs, or any breast complaint, in doses of a small table-spoonful every two or three hours, or oftener, when the cough is very troublesome. In like manner, a candy prepared by simmering slowly half a pint of the juice with a pound of sugar, will be found equally serviceable.

In the southern states there is a plant, called wild horehound, growing to the height of one or two feet, of which a tea, prepared by adding one or two handfuls of the fresh leaves, or half the quantity of the dried, to a quart of water, in doses of a gill or more, every two or three hours, acts gently on the skin and bowels, and is used like the Peruvian bark as a tonic in the cure of ague, and bilious fever.

HORSE-RADISH.

Cochlearia Armoracea,

Grows on the sides of ditches, and damp places, but is cultivated in our gardens for culinary and medicinal purposes. It has long been known as a most powerful antiscorbutic, and when taken freely, it stimulates the nervous system, promotes urine and perspiration, and is thereby usefully employed in palsy, dropsy, scurvy, and chronic rheumatism. The root should be cut into

small pieces, without bruising, and swallowed in the dose of a table-spoonful without chewing, once or twice a-day, or it may be steeped in wine, and taken in doses of a small wine-glassful.

Upon the authority of the celebrated Dr. Cullen, it is, in the form of syrup, excellent in hoarseness, or in the decline of violent colds and pleurisies. Whether externally or internally employed, horse-radish proves a stimulant; hence it has been found serviceable by chewing it in palsy of the tongue, and applied in paralytic complaints to affected parts. The root, scraped, and applied in the form of poultice, to the feet, until some inflammation is produced, in low stages of fever, attended with delirium, has also produced good effects.

It is said, the root steeped in vinegar, will remove freckles of the face; if so, it deserves to be tried in cases of ring or tetter worm.

HOUSELEEK.

Sempervivum,

Grows on the roofs of houses and old walls, flowering in July.

The juice of this plant, mixed with honey, is said to be of considerable service in the thrush of children. Stewed with cream, it is a great favourite with the country people, for the cure of corns, fresh burns, stings of wasps, bees, and other external inflammations. An infusion of the leaves is also said to be cooling and laxative.

HYSSOP.

Hyssopus,

Is cultivated in our gardens. An infusion of the leaves, sweetened with honey, or in the form of syrup, is useful in humoral asthma, coughs, and other disorders of the breast and lungs, accompanied with inflammatory symptoms.

ICE PLANT.

Mesembryanthemum,

Grows in woods to the height of six inches, and becomes white in September; the stalk and leaves are like frozen jelly, and when handled, dissolve as ice.

The root pulverized, in doses of a half or tea-spoonful, in the morning, is said to be a good remedy for children troubled with fits; hence it is called by the country people, *Fit Root.* Adults may take it in much larger doses.

INDIAN HEMP,

Grows in woods, and on the borders of meadows, three feet high; the stalk is bare for a foot, then spring many branches; leaves numerous, flowers whitish, similar to buckwheat, which terminate in seedpods resembling a cucumber.

The bark of the root in the form of powder, in doses from twenty to thirty grains, or half a tea-spoonful, will generally operates as an emetic and cathartic. In doses of five or six grains, or a wine-glassful of the infusion, every two hours, it promotes perspiration. It has been found beneficial in rheumatism, dropsies, and asthmatic complaints. A table-spoonful of the infusion, half a handful of the bark to a pint of boiling water, given occasionally to children in the hooping cough, throws off the phlegm, and prevents straining.

INDIAN PHYSIC, OR AMERICAN IPECACUANHA.

Spiræa Trifoleata,

Grows about two or three feet high, in low woods and meadows.

Professor Barton says, the root, which is the part made use of, is a safe and efficacious emetic.

The celebrated Col. Bird, of Virginia, was so enamoured of this plant, that he wrote a pamphlet on its virtues, which he found, from great and successful practice, in his own very numerous family, to be at least equal if not superior to those of the imported ipecacuanha. In the dose of thirty to forty grains in powder, for an adult, it is one of the most safe and certain emetics. In broken doses of five or six grains, every two hours, it is equally valuable as a sudorific. It may also be given in infusion, a handful to a pint of boiling water, of which a small tea-cupful may be taken every fifteen or twenty minutes, until it promotes vomiting.

INDIAN TOBACCO. See *Emetic Weed.*

INDIAN TURNIP.

Arum Triphyllum,

Grows in meadows and swamps, six or eight inches high, purple stalks, leaves three in number, roundish, and berries of a bright scarlet colour.

It is a very acrid plant. An ointment prepared by simmering the fresh root in hog's lard, and one eighth part of wax, is said to be a good application in the scald head. From the authority of professor Barton, we learn that the recent root, boiled in milk, has been advantageously employed in cases of consumption. He even cites a very striking instance. It is also recommended in the asthma, and hooping cough, in the form of conserve, made of a pound of the peeled root pounded finely in a mortar, with three pounds of loaf sugar; dose, a tea-spoonful twice or thrice a-day.

INDIGO WEED, OR WILD INDIGO.

Sophora Tinctoria,

Grows in great abundance on the road sides, and in the woods, and is used by travellers in the middle states to drive away the flies.

A decoction of this plant in large doses, is said to operate powerfully on the stomach and bowels, but in smaller doses of a wine-glassful, proves a mild laxative. An infusion, or tea, is said to be cooling and good in fevers; and in the form of fomentation and poultice, to arrest the progress of mortification, especially if a little of the infusion be taken internally at the same time. An ointment prepared by simmering the bark of the root in cream, fresh butter, or lard, has been recommended as a good application to sore nipples or ulcers of the breast.

IPECACUANHA, AMERICAN. See *Indian Physic.*

IVY. See *Calico Tree.*

JAMES' TOWN, OR JIMSON WEED.

See *Thorn Apple.*

JERUSALEM OAK, OR WORMSEED.

Chenopodium Anthelmenticum,

Has long been employed to expel worms. One or two tea-spoonfuls of the seed with molasses or honey, is generally given to a child two or three years old in the morning on an empty stomach, and the dose is sometimes repeated at bed-time. It ought to be continued for several days. When there is an aversion to using

it in this form, the seed may be boiled in milk, and taken in doses of one or two wine-glassfuls, or the expressed juice of the plant sweetened, may be exhibited in doses of a table-spoonful. The oil, which is prepared from the seed, possesses the same virtue, and is found a more convenient form of giving the medicine.

JUNIPER, COMMON.

Juniperus Communis.

An evergreen shrub, growing on dry barren commons, and hilly ground.

A strong decoction, made of a handful of the tops and berries to a quart of boiling water, in doses of a tea-cupful three or four times a day, has long been employed in dropsy, scurvy, and gravel, or difficulty of urine. The oil of juniper possesses the same properties in a high degree, and imparts them to ardent spirits. The peculiar flavour, and well known diuretic effect of Holland gin, are owing to this oil.

LAMBKILL. See *Calico Tree.*

LAUREL. See *Calico Tree.*

LAVENDER THRIFT.

Statice Limonium,

Grows on the sea shore, on salt marshes, flowering from July to September. The stem is naked, branched, and about a foot high; the leaves long and pointed; the flowers blue, and growing on long spikes on the tops of the branches.

According to Dr. Hughes of Providence, and Dr. Baylies of Dighton, a decoction of the root has been tried with success in aphthous state of fever, and ulcerous sore throat, as a most powerful antiseptic. In large

doses it operates as an active emetic, and in smaller as a strong expectorant.

LEMON TREE.

Citrus Medica,

Is now cultivated in the southern states, and holds the first place among the cooling and antiseptic vegetables, to correct the putrid tendency of animal food in summer.

The acid of lemons, from its antiseptic properties, has long been employed as a remedy in the scurvy. My highly esteemed friend, Dr. Cutbush, says, from the commencement of our navy, it has been used on board the ships of war with very great success, in preventing, as well as curing this disease. The fresh fruit is preferred.

Lemon, or lime juice, diluted with water, and the addition of a little sugar, forming lemonade, serves as one of the most grateful beverages in bilious and nervous fevers. When saturated with common table salt, it proves a valuable medicine in dysentery, putrid sore throat, and remittent fever. In diarrhœa and diabetes, where the aliments are apt to run off in their crude state, this mixture is said to be a most efficacious remedy. A tablespoonful of lemon juice, fifteen or twenty grains of salt of tartar, or salt of wormwood, with the addition of a little water, swallowed in a state of effervescence, is excellent to stop nausea, and allay febrile heat. The acid of lemons is a common remedy against narcotic vegetable poisons, such as opium.

Either of the following methods is recommended for preserving the juice of lemons or limes. Boil the juice after straining, and bottle it, or squeeze the fruit, put the juice and pulp into a bottle, cover the top with an inch of oil, cork and rosin the bottle. The juice is supposed to feed upon the pulp. Before using the juice, the pulp and oil must be carefully taken out. The dried peel of lemons is a grateful aromatic, and as a

stomachic, generally constitutes one of the ingredients of bitters.

LETTUCE, WILD.

Lactuca Virosa,

Grows about four feet high, about hedges and the borders of meadows. It has three different kinds of leaves; those proceeding from the root are slightly toothed, and those attached to the flower stalks are arrow-shaped, pointed, and minute; the flowers are yellow and small, the leaves are milky, and smell like opium.

An extract prepared from the expressed juice of the leaves, gathered when in flower, and given in doses of from five to ten grains twice or thrice a day, is said to be a powerful diuretic, and of great efficacy in the cure of dropsy.

LICHEN, OR LUNGWORT.

Lichen,

Is a thin shell or skin which grows on the bark of the white oak tree, resembling the lungs, from whence it is called lungwort.

It is said to possess the same qualities as the Iceland moss, or lichen, so celebrated in the cure of consumption.

An infusion, a handful to a quart of boiling water, used as a common drink, or a strong decoction formed into syrup, with honey or sugar, may be taken in doses of a wine-glassful three or four times a day. It is also said to be a useful medicine in the hooping cough.

LIFE ROOT,

Grows on the borders of meadows, about two feet high, leaves large and saw-edged; flowers yellow, and the root small and fibrous.

An infusion of this plant, a handful to a quart of boiling water, taken in doses of a tea-cupful five or six times a-day, is said to be an excellent remedy for the gravel.

LOBELIA, OR BLUE CARDINAL FLOWERS.

Lobelia Syphilitica,

Grows abundantly in the middle and southern states in moist grounds, and near springs; has an erect stalk three or four feet high; blue flowers; a milky juice, and a rank smell.

Professor Barton says this plant was purchased from the northern Indians by the late sir Wm. Johnson, as a remedy in the venereal disease: hence its specific name *syphilitica.* He doubts, however, its power to cure the pox: though from its diuretic quality, it certainly has been found useful in gonorrhœa or clap. He states that many persons in the western country, from their ignorance of botany, have made use of a plant which they call *lobelia*, in the venereal complaint. But from the specimen he has received, he believes the plant to be the serratula spicata or spiked sawwoort. It is a powerful diuretic, and there is good reason to believe that it has been found useful, not only in venereal complaints, but also in cases of gravel. Thus ignorance sometimes leads to knowledge.

The lobelia is generally administered in the form of a decoction, a handful of the root and leaves boiled slowly in three pints of water to a quart, of which a gill or more may be taken three times a-day.

MADDER, WILD.

Rubia Tinctorum,

Is cultivated in Pennsylvania and South Carolina for dyeing a fine red colour, but also possesses great medicinal powers.

It has been highly recommended in visceral obstructions, particularly of the uterus, in coagulations of the blood induced either by falls or bruises, in dropsical complaints, and especially in the rickets. It may be given in powder from five to fifteen grains to children, and from half to a whole drachm three or four times a-day to adults. When taken internally, it possesses the remarkable quality of tinging the urine of a red colour; and produces similar effects on the bones of animals, when eaten with their food.

MAGNOLIA,

Goes by several names, as beaver tree, swamp sassafras, elk bark, Indian bark. It is an agreeable aromatic tonic bitter medicine.

An infusion or decoction of the bark has been used in the ague and fever, and much celebrated among the western Indians as a remedy in rheumatism. I am informed from a respectable source that John Dickinson, esq. author of the celebrated Pennsylvania Farmer's Letters, was completely cured of a violent attack of the chronic rheumatism by a strong decoction of the twigs of the magnolia.

The species *magnolia grandiflora*, ever-green laurel, sometimes called tulip tree, grows to the height of eighty feet near Savannah. The bark of the root of this tree is also used as a substitute for the Peruvian bark in intermittent fevers. The cones or seed-vessels

of the magnolia, which is commonly called *cucumber-tree*, has been advantageously used in Virginia in the form of tincture, in rheumatic complaints.

MAIDEN HAIR.

Asplenium Trichomanes,

Called also milk waste, spleenwort. Grows on old walls, rocks, and shady stony places, generally to the height of seven or eight inches; leaves very fine and soft and spotted underneath; stalks of a dark purple colour; flowers from May to October. Its leaves have a mucilaginous sweetish taste, without any peculiar odour.

An infusion, by pouring a quart of boiling water on a handful of the dry herb, sweetened with honey, and taken in quantity of a tea-cupful every hour or two, or a spoonful in the form of syrup, is said to be good in tickling coughs, hoarseness, and disorders of the breast, proceeding from acrid humours, in irregularities of the menses, and obstructions of the viscera.

MALE FERN. See *Fern Male.*

MALLOW, COMMON.

Malva Sylvestris,

Grows in hedges, foot paths, and among rubbish; flowering from June to August. The leaves possess a mucilaginous sourish taste.

A decoction of this plant is said to be useful in dysenteries and gravel complaints, though it is chiefly employed as an emollient poultice to produce suppuration.

MANDRAKE, OR MAY-APPLE.

Podophyllum Peltatum,

Grows on low grounds, two or three feet high, leaves generally three, broad at the base, and terminating in a sharp point; flowers yellow; the fruit resembling a lime, or small yellow apple, which is much admired by some.

The root is an excellent purgative, and may be taken in doses from ten to thirty grains in substance, or double the quantity infused in a gill of water. Dr. Little, of Pennsylvania, esteems it preferable to jalap. The honourable Paul Hamilton, who often used it, directs equal parts of the juice and molasses to be mixed, and a table-spoonful taken every hour or two until it operates.

The best time of gathering the mandrake, for medicinal purposes, is in autumn when the leaves have turned yellow, and are about falling off. The Indians dry it in the shade, and powder it for use.

MARSH MALLOW.

Althæa Officinalis,

Grows in marshes and wet places. The leaves have a soft woolly surface, feelingly like velvet. The flowers are of a white pale flesh colour, and appear in August.

Every part of the marsh mallow, and especially the root, when boiled, yields a copious mucilage; on account of which it is employed in emollient cataplasms or poultices, for softening and maturating hard tumours. It is likewise of eminent service in the form of infusion, in asthma, hoarseness, dysentery and gravel.

MARSH ROSEMARY. See *Lavender Thrift.*

MASTERWORT.

Imperatoria,

Grows in meadows and rich soils, two feet high; leaves three together, saw-edged, and spear-shaped; flowers in June.

The root of this plant is a warm and grateful medicine in flatulency, weakness of the stomach, and bowels, and dropsical affections. It may be taken in the form of powder, decoction, or tincture. One drachm, or a teaspoonful of the powder in a glass of wine, or spirits, and taken an hour before the fit, has frequently prevented the ague. The decoction or infusion is made of one handful in a quart of boiling water, and the dose a teacupful three times a day.

MAY APPLE. See *Mandrake.*

MAY WEED, OR WILD CAMOMILE.

Cotula Fœtida,

Grows about two feet high, in pastures near fences; the flowers yellow, resembling camomile flowers, and are frequently used as a substitute for them.

MEZEREON.

Daphne Mezereum,

Called also spurge laurel, dwarf bay. Grows plentifully in woods and shady places near the Ohio, and flowers in the month of February or March. The fruit is a berry, in which is found a single seed. The leaves are spear-shaped, and the flowers grow of a beautiful red or rose colour.

The bark of the root of this plant is the part used in medicine, and has an extremely acrid burning taste in the mouth and fauces.

Dr. Withering asserts that a patient who lived under extreme difficulty of swallowing for three years, was effectually cured in two months, by chewing the root as often as she could support its irritating effects. The fresh root scraped, and applied to the surface of the skin, affords an efficacious blister—when taken internally, it determines to the surface, and has been found greatly serviceable in rheumatism and obstinate cutaneous diseases. Its principal use, however, is in the venereal disease, in the last stage, or when mercury has failed. It is particularly efficacious in relieving nocturnal pains, and removing venereal nodes. One gill to half a pint of the decoction, made of two drachms, or a handful of the bark, with an equal quantity of liquorice root, boiled in three pints of water to a quart, may be taken three or four times a day.

MILK, OR SILK WEED.

Vincetoxicum,

Grows by the road sides, and on sandy ground, about three feet high; the stalk square; leaves oval and milky; flowers yellow, which terminate in a pod resembling a cucumber, filled with down, which when ripe, is blown away.

A handful of the root boiled slowly in a quart of water for half an hour, and given in doses of a gill or more three or four times a day, is reputed to be an effectual remedy in the cure of dropsy, and serviceable in catarrhs, scrophulous and rheumatic disorders, and gravel complaints.

MILKWORT, COMMON.

Polygala Vulgaris,

Thrives in dry pastures, and flowers in June and July. Its roots possess an extremely bitter taste, together with all the virtues of the American rattlesnake root.

A table-spoonful of a strong decoction of the root, two handfuls boiled slowly in three pints of water, to a quart, and taken every hour or two, promotes perspiration, as well as expectoration, and has therefore been used with advantage in colds, pleurisies, and other disorders of the breast.

MILTWASTE. See *Maiden Hair.*

MINT. See *Peppermint.*

MISLETO OF THE OAK.

Viscum,

Is to be found on several kinds of trees. That which grows on the oak is said to have cured epilepsy or fits. It is directed that the misleto be separated from the oak, about the last of November; gradually dried, and when pulverized, confined in a bottle well corked; to be given in doses of a tea-spoonful three or four times a day, gradually increasing the dose according to its effects.

MOORWORT, BROADLEAVED.

Andromeda Mariana,

Called wicke at the southward. A strong decoction of this plant is extremely useful as a wash in that disagreeable ulceration of the feet, which is called toe-itch, and ground itch, a very common complaint among the negroes and lower class of people in South Carolina and Georgia.

MOTHERWORT.

Leonurus Cardiaca,

Grows in waste places, and flowers in July and August. The flowers are in thorny whorls, purplish within, and white on the outside; the leaves are opposite, two to each whorl; they have a strong, disagreeable odour, and bitter taste.

An infusion of this plant is a common domestic medicine in fainting, and disorders of the stomach. It is said to be peculiarly adapted to some constitutions affected with nervous and hysterical agitations; and that if taken at bed-time, procures refreshing sleep, when opium and laudanum had failed.

MOUNTAIN TEA, OR DEERBERRY.

Gaultheria Procumbens.

It spreads very extensively over the more barren, mountainous parts of the United States.

A strong infusion of this plant, a large handful to a quart of boiling water, in doses of a tea-cupful three or four times a day, is esteemed useful in asthma, and for promoting the menstrual discharge.

MOUTH ROOT, OR GOLDEN THREAD.

Nigelia,

Is found in swamps. The stems erect and naked; the leaves grow by threes at the termination of the stems; the white solitary blossoms appear in May; the roots are thread-shaped, and of a bright yellow colour, and possess considerable astringency and bitterness.

By the country people the root is employed as a remedy for the thrush and cancerous sores in the mouths of children.

MUGWORT, OR COMMON WORMWOOD.

Artemisia Absinthium,

Grows two or three feet high, on road sides and among rubbish; leaves deeply divided, pointed; on the upper side of a deep green, and on the under soft or downy; flowers small and purplish.

An infusion, a handful of the tops to a quart of boiling water, in doses of a tea-cupful, or a tea-spoonful of the powdered leaves three or four times a-day, is an admirable stomachic in weakness of the stomach, lowness of spirits, and hysterical affections. It is also said to be a useful medicine in difficult menstruation, in intermittents, jaundice, and dropsical affections. Externally it is applied in the form of fomentation and poultice to resist putrefaction and relieve the pains of bruises, as well as prevent the swelling and discoloration of the part.

MULBERRY TREE.

Morus, Nigra et Alba.

Its fruit hath the common quality of all other sweet fruits, quenching thirst, abating heat, and proving laxative in its effects.

A syrup made of the juice of the fruit, serves as an excellent gargle for mitigating inflammations of the throat, and ulcers of the mouth.

The bark of the root of the black mulberry tree, in doses of thirty grains, or half a tea-spoonful of the powder, or double the quantity infused in a gill or half a pint of boiling water, or equal parts of a strong decoction and molasses formed into a syrup in dose of a wine-glassful, is an excellent purgative, and has been used with success as a vermifuge, particularly for the tape-worm.

The fruit of the common mulberry tree, when properly fermented, and prepared, yields a pleasant vinous liquor, known under the name of mulberry wine. Considerable quantities of these berries are likewise consumed in the cider countries, where they are mixed with the apples, in making a delicious beverage called mulberry cider. For this purpose, the ripest and blackest mulberries are selected, and the expressed juice is added to the cider, in such a proportion as to impart a perceptible flavour. The liquor thus acquires a very pleasant taste, as well as a deep red colour, similar to that of the finest port wine, both of which continue undiminished by age.

MULLEIN.

Verbascum.

The leaves, a handful to a quart of milk, is a common remedy in bowel complaints.

In the form of fomentation or poultice, it is employed to relieve the piles, and other painful swellings; and in a dry and pulverized state, to destroy fungous or proud flesh.

MUSTARD, BLACK AND WHITE.

Sinapis, Nigra et Alba.

Mustard used with our food, provokes the appetite, assists digestion, and promotes the fluid secretions, and

is especially adapted to persons of weak stomachs, or where much acid prevails, as it acts upon the system generally without producing much heat.

A table-spoonful of prepared mustard in a pint of warm water, on an empty stomach, operates as an emetic in nervous disorders. A table-spoonful of the unbruised seed taken twice or thrice a-day, proves a gentle laxative, increase the urinary discharges, and is useful in chronic rheumatism, asthma, palsy and dropsy. In obstinate intermittents, or ague and fever, or with persons who find the Peruvian bark oppressive at the stomach, a tea-spoonful of the whole seeds, or the flour of mustard united with the bark, or any of its substitutes, will very frequently succeed in the cure, when a pound of bark alone would not produce the desired effect. In languid constitutions, or low stages of fevers, a gill of the seeds mixed with a small handful of horse radish, and infused in a quart of wine, in doses of a wine-glassful occasionally, is a most cordial stimulant.

Another excellent form in which mustard may be taken, is that of whey. It is prepared by boiling two or three table-spoonfuls of the seeds bruised, in half a pint of milk, and as much water, till the curd be perfectly separated, to which a little sugar may be added, and of this drink a tea-cupful may be taken three or four times a-day, in nervous fevers.

The powder of the seeds, mixed with the crumbs of bread or flour, and formed into a poultice with sharp vinegar, is an excellent application to the parts affected with rheumatism, and to the soles of the feet, and palms of the hands, in fevers, where there is a languid circulation, or cold extremities, or in cases of delirium.

NETTLE, STINGING.

Urtica.

The expressed juice a wine-glassful, or a decoction, one handful to a quart of boiling water, in doses of a tea-cupful three or four times a-day, is said to be useful in jaundice, asthma, consumption, and gravel com-

plaints. It is also said that the flower and seeds, in doses of a drachm thrice a-day, may be substituted for the Peruvian bark in ague and fever. Externally it has been employed in restoring excitements to paralytic limbs and other cases of torpor and lethargy. It may be applied by stinging the part with the nettles; or the fresh leaves may be applied to the arms or legs.

NIGHTSHADE, AMERICAN. See *Pokeweed.*

NIGHTSHADE, DEADLY.

Atropa Belladonna,

Grows two or three feet high in hedges, among rubbish, and uncultivated places; flowers dusky brown on the outside, and a dull purple within, appearing single among the leaves in June or July; the berries round, green, changing to red, and when ripe, of a shining black. The whole of this plant is poisonous, and children allured by its beautiful berries, have too often experienced their fatal effects.

Like all other strong poisons in the hands of skill it performs wonderful cures in palsy, epilepsy, melancholy, jaundice, dropsy, and cancer. I have, says the great professor Cullen, had a cancer of the lip entirely cured by it. A scirrhosity in a woman's breast, of such a kind as frequently proceed to cancer, I have found entirely discussed by the use of it. In the employment of this dangerous medicine, it is necessary to begin with very small doses. A half a grain of the powdered leaves or root, or two table-spoonfuls of the infusion, prepared by infusing twenty grains in half a pint of boiling water, and strained after cooling, is a sufficient dose for adults to commence with. The dose is to be gradually increased, and repeated daily; but as soon as any dangerous symptoms occur, its use ought to be suspended for some days, and afterwards resumed in smaller doses. Externally the powdered leaves are applied to mitigate the pain in cancerous and other ill-conditioned ulcers,

and the leaves in the form of poultice, to discuss scirrhous and cancerous tumours.

The garden nightshade, growing also on dung-hills, with white flowers, odour of musk, and the berries, when ripe, of a shining black, possess similar virtues of those of the deadly nightshade.

From one to three grains of the dried leaves infused in boiling water, and taken at bed time, will generally induce a copious perspiration, increase the discharge of urine, and operate as a mild laxative on the following day. If after increasing the dose, some visible effect is not produced, its further use will not avail much. The dose is to be repeated every night, or every other night. In the form of poultice, it hath abated the inflammation of the eyes, painful swellings, and inflammations of the venereal kind, and scrophulous and cancerous tumours.

The woody nightshade, called also *bitter sweet*, because it is first sweet, and then bitter, grows on the sides of ditches, and in moist hedges, climbing upon the bushes with winding, woody, but brittle stalks. The flowers are in clusters of a blue purple colour, appearing in June or July, and always turning against the sun. The berries are red.

This species is not so deleterious as the above two, and it acts more uniformly. Its sensible operation as a medicine, is also by sweat, urine, and stool, and in the form of infusion, is said to be eminently serviceable in acute rheumatism. It has also been found efficacious in jaundice, scurvy, obstruction of the menses, and in obstinate cutaneous disorders. An infusion, prepared by adding a pint of boiling water to an ounce or half a handful of the twigs or stalks, either in a fresh or dried state, of which a tea-cupful or more may be taken morning and evening. Another form is made by steeping four ounces of the twigs in a pint of wine. The dose a wine-glassful. In the form of poultice or cataplasm, it is also said to be a powerful discutient of hard tumours. For this purpose, boil two or three handfuls of the leaves in wine or vinegar, to which may be added a little flaxseed, and this to be applied warm to indurated or hard tumours. The application of the juice and

leaves to cancerous sores, in some instances, has performed a cure.

OAK.

Quercus.

The bark of the oak possesses, in a considerable degree, astringent, tonic, and antiseptic properties. Hence we can never be at a loss for a remedy in those diseases in which the Peruvian bark has been recommended. In intermittents, and low stages of fever, in the advanced stage of dysentery, diarrhœa, indigestion, and other diseases of weakness, or loss of tone in the system, I have myself employed internally the black and red oak bark with equal effects, though in rather larger doses than the Peruvian bark. Many cases have come under my knowledge in practice, of persons, especially children, reduced to mere skeletons, by protracted disease, of bilious, nervous fever, and bowel complaints, whose stomachs would not retain medicine, being most wonderfully restored to the blessing of health by bathing in a strong decoction of oak bark, not more than milk warm, twice a day.

In the year 1809, I was requested by my brother, Dr. Thomas Ewell, who had the superintendance of the marine hospital in Washington, to visit some of his patients in the confluent small pox, which had proved fatal in several instances.

The first case presented to my view, was that of a poor sailor in the last stage of this dreadful disease, and so far gone that it was thought utterly useless to prescribe for him, his coffin being actually ordered. Reflecting, however, on the virtues of the oak bark, I did not myself entirely despair of his case; and, instead of passing him by, I ordered a bath of a strong decoction of oak bark to be prepared with all possible despatch, setting, at the same time, some of the soldiers to boil the water, while others hastened to the woods for the bark. When we came to immerse him in it, we found his whole body such a mass of corruption, from the top of his head to the soles of his feet, so filled with

maggots, that there was no other way to bathe him but in a sheet. I directed him to be supplied liberally with milk toddy, and to repeat the bath every two or three hours. By persevering in this treatment for two or three weeks, gradually diminishing the toddy, and oak bath, as his strength increased, to the astonishment of all the spectators he was miraculously snatched from the jaws of death.

When his sight was restored, he was much surprised to see that the astringent waters of the bath had made him look, as he said, "*as black as a negro.*" I am happy to add, that of several others in the hospital, who were treated in a similar mode, not one died.

In further proof of the tonic and antiseptic virtue of the oak bark, I beg leave to cite the following case from Professor Barton.

In a case of gangrene of the foot, says this learned professor, from the puncture of a nail, which came under my notice in the course of last summer, I gave to the patient very large quantities of the decoction of oak bark, at the same time that the affected part was constantly kept wet with the same decoction, or with a poultice made of bread and milk and the bark. I cannot but ascribe the recovery of my patient to the use of these means, and I am emboldened to recommend the use of this cheap remedy, as one highly worthy their attention in similar cases.

OAK POISON. See *Poison Oak.*

ONIONS.

Allium Cepa,

Possess similar virtues with the garlic, only in a less degree. The disagreeable smell which they impart to the breath may be effectually obviated by eating a few leaves of parsley immediately after the onions.

Onions are justly reputed an efficacious remedy in suppression of urine, in dropsies, and in abscess of the

liver. The following exemplification of the virtue of onions in liver complaints, deserves the attention of the reader.

Captain B. Burch, one of the surviving heroes of '76, and father of Mr. Samuel Burch, chief clerk of the house of representatives, who, for every thing amiable, is a chip of the old block, was afflicted with an abscess of the liver, which was deemed incurable by his physicians. Seeing some onions in the room, he expressed a wish to eat one. Thinking it a gone case with him, and no longer a matter of any consequence what he ate, his wife immediately gratified his appetite. After eating one or two onions, he found himself much better, which induced him further to indulge his appetite. He subsisted for several weeks entirely on onions, with only the addition of a little salt and bread, and from using this diet he was restored to perfect health, and is now a very hearty man in his 53d year. This, with innumerable instances of a similar sort, ought to convince the young practitioner, that in the cure of this disease, nature ought always to be consulted, as she seldom or never errs.

Upon the high authority of our virtuous and able statesman, the honourable William H. Crawford, onions externally applied, is an invaluable remedy in violent sore throats. This worthy patriot informed me, that one of his children was violently attacked with the croup, at his mansion in Georgia; a physician was sent for, but before he arrived, the disease became so alarming as to threaten the child with immediate death, if something for its relief was not speedily done. Recollecting to have heard that an ointment of garlic had been employed with beneficial effects in sore throats, he instantly had some onions beaten, not having any garlic at hand, to which was added a small portion of hog's lard, and with this mixture, the neck, breast, and back of the child was well rubbed, which in the short space of one hour, relieved all the distressing symptoms. Another case of croup, cured by this application, came under the notice of Mr. Crawford last fall, as he was travelling

from Georgia to the seat of government. A little girl, daughter of the gentleman at whose house he tarried one night, was seized with this alarming malady, and on his recommending the above remedy, it was employed with the same happy effects.

He also stated to me, that while in Paris, he was afflicted with a violent sore throat, which, not yielding to the usual remedies, he directed some onions to be beaten, and had them applied to the soles of his feet and legs, over which his stockings were drawn. The happy result was, that he had a good night's rest, and in the morning found his throat entirely cured. He communicated the cure wrought on himself to a French lady who was greatly distressed with a sore throat, which induced her to make the experiment, and the fortunate result was very remarkable.

ORANGE TREE.

Citrus Aurantium,

Is now cultivated in the southern states, and deservedly esteemed for its grateful acid juice, which, by quenching thirst and diminishing heat, is of considerable use in febrile disorders. From its virtues to resist putrescency, it has always and most deservedly held the first place on the list of antiscorbutics.

The following is a receipt for making orange wine: Take the expressed juice of forty sour oranges, five gallons of water, and fifteen pounds sugar; boil the water and sugar for twenty minutes, skim constantly, and when cooled to a proper heat for fermentation, add the juice and outer rinds of the fruit, rasped or sheered off, putting all in a proper keg; leave it open for two or three days, and then bung it close for six months.

PAPAU. See *Custard Apple.*

PAPOOSE ROOT. See *Cohush.*

PARSLEY-LEAVED YELLOW ROOT.

Zanthoriza Apiifolia,

Is a native of the southern states. The stems reach the height of three feet, and are somewhat thicker than the barrel of a goose quill. The root is from three to twelve inches long, and about the diameter of a man's little finger, sending off numerous scions, sometimes two feet in length, by which means it spreads considerably. The flowers appear before the leaves, very early in the spring.

Both the stem and the root are of a bright yellow colour, and possess a strong and bitter taste. In medicinal virtues, it is nearly allied to the celebrated Columbo root. The powdered stem and root, in the dose of two scruples, is highly recommended in all cases requiring bitter and tonic medicines.*

According to professor Barton, we have a very common plant in various parts of the United States, particularly in the rich soil adjacent to the Ohio and its branches, in the western parts of Virginia, Pennsylvania, and Kentucky, which is commonly called Yellow Root. He describes the root of this plant as being a very powerful bitter, perhaps not less so than the preceding, and very popular as a tonic medicine. The usual forms of administering it are powder, tincture, and infusion. This latter has been employed as a wash in

* The above is the character of this plant, as given by my excellent friend, the late Professor Woodhouse. Friendship is often partial; but eulogy, to be *just*, must employ bright colours to paint the character of such a man as Dr. Woodhouse. With that rare benevolence which imparts its noblest ardor to friendship, he combined a genius which threw a solar radiance over the dark abyss of chemical science, besides illuminating other walks of useful knowledge.

To darken the gloom of so awful a dispensation, it pleased the great FATHER of LIGHTS to take into his presence another star of equal lustre with Dr Woodhouse. I mean that refulgent genius, Dr. Shaw, late professor of Chemistry in the university of Maryland. The friends of an art so important as Chemistry, will long have cause to mourn the early extinction of those bright luminaries.

inflammation of the eyes. It is supposed this is the plant which some of the Indians make use of to cure cancers.

PARSLEY, WILD.

Petrosellinum,

Grows in meadows, and among rocks near the sea; stems firm, near six feet high; long, thick root, strong smell, acrid taste; flowers in July, and kidney-shaped seed, which alone are used in medicine, as a powerful diuretic.

A small handful of the seed, boiled in a quart of water, and sweetened with honey, in doses of a tea cupful every hour or two, is celebrated as a remedy in suppression of urine, or gravel complaints.

PEACH TREE.

Amygdalus Persica.

Both the flowers and leaves are excellent cathartics, and ought to be preserved by every family. A tea-spoonful of a strong infusion, sweetened, and taken every hour or two, will operate mildly on the bowels, without griping as senna does. Of the syrup, prepared by boiling slowly the juice of the leaves, with nearly an equal quantity of molasses, honey, or sugar, a table-spoonful to children, and a wine-glassful to adults, will also prove a mild laxative medicine. I have myself witnessed its good effects in St. Anthony's fire and measles, and have no doubt of its utility in other diseases requiring gentle laxatives.

The honourable George M. Troup, with Colonel David M'Cormick, both of Georgia, and my most intimate friends, on a visit to one of their cotton plantations just settled in the interior part of the state, and where there was neither medicine nor physician, were taken dangerously ill of the bilious fever. A good neighbour hearing they were ill, went to see them, and prescribed

what he called "*an excellent physic;*" which was simply a strong infusion of peach leaves, to be taken in doses from a gill to half a pint every two or three hours. It operated on the stomach, bowels, and skin; and by persevering in the use of it for a few days, they were happily restored to health.

A decoction, prepared by boiling a handful of the dried leaves in a quart of water to a pint and a half, and taken in doses of a tea-cupful every two or three hours, is reputed, upon respectable authority, to have proved an effectual remedy in many cases of affections of the kidnies or gravel complaints, as also in cases of voiding blood by urine, which had resisted the usual remedies.

PENNYROYAL.

Mentha Pulegium.

An infusion, a handful to a quart of boiling water, a tea-cupful the dose three times a-day, has long been esteemed in hysteric complaints and obstructions of the menses. Dr. Withering says, that the expressed juice of pennyroyal, with a little sugar or honey, a tea-cupful every two or three hours, is a useful medicine in the hooping cough.

PEPPERMINT.

Mentha Piperita,

Is an excellent stomachic in flatulent colics, languors, hysteric cases, and vomiting. The usual modes of administering it, are infusion, the distilled water, and the essential oil. This last, united with rectified spirits of wine, forms the essence of peppermint, so highly esteemed.

In nausea, cholera morbus, obstinate vomiting, and griping, peppermint, infused in spirits, and applied as hot as can be endured to the stomach and bowels, will be found a most valuable remedy.

A lady of the first distinction, in Alexandria, was seized with a violent fit of the colic, bringing on a weakness and irritability of the stomach, with nausea and vomiting incessantly. Two eminent physicians sent for could prescribe nothing that did any service. Dr. Craik being called in, immediately ordered a large cataplasm of stewed mint in spirits, to be applied as warm as it could be borne to the pit of the stomach and abdomen. It operated like a charm. The distressing nausea and vomiting left her, the aperient medicines were then retained, and the obstinate constipated state of the bowels was speedily removed.*

* To heighten my satisfaction in this cure, it was wrought by a man, of whom I can never think without feeling the most tender sentiments of gratitude; I mean my uncle, Dr. James Craik, with whom I was then a student in Alexandria.

From the double motive of *pleasure* to myself and profit to others, I beg to sketch a short outline of Dr. Craik.

Habits of temperance, early adopted and steadily adhered to, imparted to his constitution, though naturally delicate, a degree of vigor and vivacity that carried him through life very pleasurably, till his eightieth year. After he retired from practice, he continued daily to take considerable exercise; and such was his activity, that, but a short time before his death, he walked from his country seat to Alexandria, a distance of eight miles!

The virtues which adorn the husband, the parent, the friend, and the master, have seldom been seen to shine with more durable lustre than in Dr. Craik.

In reward of his virtues, Heaven was pleased to distinguish him with uncommon favours. For upwards of forty years, he was honoured in an extraordinary degree, with the friendship of the great Washington, being all that time his companion and physician. This, however, was nothing compared to the happiness he enjoyed in marriage with a lady, who, for all the charms "of a mind illumined face, and all the graces of *truth, goodness,* and harmony of love," never had her superior among the fairest daughters of Eve.

> "So like an angel did she spend her days,
> So like a blessed saint's, were all her ways;
> So bland, so gentle, all her actions were,
> One would have thought her an *immortal here.*"

After more than fifty years of the happiest life, Dr. Craik was removed to those scenes where bliss immortal reigns. But their separation was short.

> "He first deceased, she for a few months tried
> To live without him—lik'd it not, and died."

PEPPER, RED OR CAYENNE.

Capsicum Annum,

Is cultivated in our gardens; it is a powerful stimulant, and has been found beneficial in chronic rheumatism. Those who are subject to flatulence will find benefit in using it with vegetables and soup. In cases of violent pain or cramp in the stomach, no medicine is superior to a strong infusion of red pepper, one or two pods to half a pint of spirits, in dose from a half to a wine-glassful. It is also useful, both as a medicine and gargle, in putrid sore throat, when infused in water. Steeped in spirits and applied warm to the extremities in chronic rheumatism, or low stages of nervous fever, when the circulation is languid, it has produced the most happy effects.

PINKROOT, CAROLINA.

Spigelia Marilandica,

Grows abundantly in the southern states, and is deservedly esteemed a *vermifuge*, or destroyer of worms. An infusion, a handful to a quart of boiling water, and one or two tea-cupfuls night and morning, is the usual form and dose. With the addition of milk and sugar, children will take it almost as readily as their tea. It sometimes occasions disagreeable affections of the eyes; when this occurs, suspend the use of the medicine until these symptoms disappear, and then select from another parcel, or make tea of the tops only, as it is supposed the deleterious effects are in consequence of some other root being attached to it.

Pinkroot is also considered a valuable medicine in fevers, as is verified daily, when given to children in a febrile state for a vermifuge, when no other effect has been produced than a removal of the fever.

PISS WORT. See *Flea Bane.*

PLANTAIN.

Plantago,

Has long been employed as an antidote against the bites of snakes, spiders, and other venemous insects. The juice, extracted from the whole of the plant, is generally given in doses of two table spoonfuls every hour, or oftener, until the patient is relieved. It is sometimes given in conjunction with horehound or rue. The leaves bruised are considered by some a good application to fresh wounds.

PLEURISY ROOT.

Asclepias Decumbens,

Has a variety of names, as butterfly weed, flux root, decumbent swallow wort. It is a beautiful plant, growing two or three feet high under fences and upland pastures. The flowers are of a bright orange colour, and appear in July and August. These are succeeded by long slender pods containing the seed, which have a delicate kind of silk attached to them. The root is spindle or carrot-shaped, of a light brownish colour on the outside, white within.

This plant possesses great medicinal virtues, and ought therefore to be cultivated in our gardens. It has long been employed as a remedy in the treatment of violent cold and pleurisies. No medicine is better calculated than this to produce general and plentiful perspiration without heating the body, and hence its well-merited fame in curing the disease, which name it bears. Mr. Thomson Mason, of Virginia, was among the first who noticed the virtues of this plant, and from his long

experience of its utility in pleurisy, strongly recommended it as a specific. He states, that after the use of an emetic, and the loss of some blood, in the incipient stage, he administered, of the pleurisy root finely powdered, as much as would lie upon the point of a case-knife in a cup of warm water, and repeated the dose every two hours until the patient recovered, which happened frequently in a very few days. By these simple means Mr. M. cured great numbers.

We have also many of the most respectable physicians celebrating its virtues in pleurisy, and other recent affections of the breast. A tea-cupful of a strong infusion, a handful to a quart of boiling water, is given every two or three hours. Professor Barton says the root of this plant in powder possesses a purgative quality, and that he has used it with advantage in dysentery. In Virginia also it has been used with great effect in this complaint. This root is frequently resorted to by country people for the relief of pains of the stomach from flatulence and indigestion, hence it is called by some wind-root.

My honourable friend, Paul Hamilton, esq. ascribes the same virtues of curing pleurisies and dysentery to a plant that grows in South Carolina, and which is also called Pleurisy Root, *Asclepias Erectus.* He thus describes it:

It grows in rich high lands. The root has the appearance and taste of a small, long, sweet potatoe; the stalk erect; the leaves resembling the persimmon leaf, is situated transversely, and when broken, it throws out a viscid milk; blossoms in May and June. The blossoms are a cream colour, with purple centres. Twenty grains of this root in powder, he says, given in warm water or tea, is excellent in flatulent colic; and the same quantity repeated every two hours, in pleurisy, will seldom fail to bring on a perspiration, while its pectoral effects are admirable.

POISON OAK.

Rhus Toxicodendron,

Embraces several species, the most dangerous of which is the swamp sumach. The poison may be communicated, not only by the touch, but also by the smoke, smell or steam, producing an eruption on the skin, with pain and itching, and sometimes attended with swollen head and fever. One of the best remedies which has come under my notice, is a wash of crude sal ammoniac and corrosive sublimate, two drachms of the former to one of the latter, in a quart of water, used externally twice or thrice a-day, with a dose or two of salts, or an infusion of senna and salts. I have lately been informed, from a source which can be relied on, that LIME WATER excels any other application as a wash in this distressing affection of the skin. The species called sometimes poison wood, has a low shrubby stalk, the leaves somewhat heart-shaped, the flowers small, the berries round, and of a yellowish grey colour when ripe. Dr. Anderson, of Hull, has employed the leaves of this species in doses from half a grain to four grains, three times a-day, with success in paralytic cases.

Poison vine, called also poison creeper, has a slender stem, and frequently climbs to the top of our tallest trees. The flowers, which appear in June, are small, of a light yellow colour, and have a delightful odour. An extract of the leaves, two grains to a dose, and increased, has been successfully employed in paralytic affections, as well as an infusion in tetter-worm and scald head.

Professor Barton says, that a decoction has been used with seeming advantage in cases of consumption; and others say, that a decoction of the root is serviceable in asthma.

POKE-WEED.

Phytolacca Decandra,

Is known by a variety of names, as American night-shade, coacum, garget, skoke. The berries steeped in spirits, have long been employed in the chronic rheumatism. It has, however, sometimes failed, which may have been owing to the peculiarity of constitution, or to the inertness of the bounce or tincture from age, an effect often observed by professor Barton, as also by myself. From the authority of this learned professor, the juice of the ripe berries, inspissated to the state of an extract, and spread upon a rag, or upon the leaf of the plant, is an excellent application to scrofulous or indolent tumours. The juice of the leaves has been applied in the same manner with equal advantage. An ointment of the leaves with lard is good in various kinds of ulcers. The roots, bruised, are sometimes applied to the hands and feet of the patients in ardent fevers. To make an extract, expose to moderate and continued heat, the juice of the berries or leaves, until by evaporation, it thickens to the consistence of honey. It may also be made from the root, which is equally efficacious. Boil the roots for some time, strain the decoction, and then reboil it to a thick consistence. Other virtues have been recently ascribed to this plant by respectable physicians.

An infusion of the leaves is recommended externally as an admirable remedy for the piles. One ounce of the root steeped in a pint of wine, and given to the quantity of two table-spoonfuls, is said to operate mildly as an emetic. It is also said that this plant may be relied on as an efficacious remedy for the venereal disease, in its various stages, even without the aid of mercury.

From my own experience of the virtues of poke-weed, I can recommend it as a most valuable medicine in rheumatic and gouty affections, as also in nocturnal pains, and obstinate ulcerations in the venereal disease, brought

on by the excessive use of mercury. The usual form of exhibition is the bounce, a wine-glassful three times a-day. The bounce is prepared by filling a jug with the whole berries when ripe, and then pouring as much spirits to them as the vessel will contain.

An ointment, prepared by simmering slowly the leaves or a handful of the root scraped in a pint of hog's lard, with a small portion of beeswax, has been used with great success in cancers, and various kinds of ulcers.

POLYGONUM.

An infusion of it, as a diet drink, is a powerful promoter of urine, and very useful in gravel complaints.

POLYPODY, COMMON.

Polypodium,

Grows on old walls, shady places, and at the roots of trees, flowering from June to October. The root has a sweetish taste, but by long boiling, becomes bitter. An infusion of half an ounce of the fresh root in half a pint of boiling water, in doses of a wine-glassful every hour or two, operates as a mild laxative.

POMEGRANATE.

Punica,

Is cultivated in the southern gardens. The fruit is agreeable to the palate, and possesses the general properties of subacid fruits. Its rind boiled in milk, and drank freely, or in powder, a tea-spoonful for a dose, three times a-day, has been used with success, in diarrhœas, dysenteries, and other diseases requiring astringent medicines. The flowers possess the virtues of the rind, only in a less degree.

POPLAR TREE, OR WHITE WOOD.

Liriodendrum Tulipifera.

The bark of this noble tree, as well as the root, is a very strong bitter, and considerably aromatic.

In intermittents, in the last stage of dysentery, and other disorders requiring tonic medicines, it is considered but little inferior to the Peruvian bark, and is generally employed in similar doses and forms.

There is another species of poplar, the aspen tree, *populus tremula*, the bark of which, according to professor Barton, is also an excellent tonic and stomachic.

POPPY, WHITE.

Papaver Somniferum,

Grows in our gardens, and yields a juice, which, when inspissated, to a proper consistence, is called opium.

According to the experiments of Dr. S. Ricketson, of Duchess county, New-York, the opium obtained from our poppies, is equal, if not superior to the imported. With respect to the method of cultivating the plant, and preserving the opium, we shall insert the directions given by Dr. Ricketson.

"The poppy seeds should be planted about the middle of May, in rich moist ground, an inch deep and ten or twelve inches apart, and kept clean. When the plants are arrived to the state of flowering, on a sunshining day, cut off the stalks, at about an inch distance from the flowers, and as soon as the juice appears, which it does at first equally well on the part of the stalks cut off with the flowers, as on the standing part, collect it with a small scoop, or penknife. After the juice ceases to appear on the standing stalk, it should be cut off about an inch lower, when it will be found to

yield almost as freely as before, and repeated as long as any juice appears. The juice, when collected, should be put into an evaporating pan, placed in the sun's heat, and frequently stirred, till it becomes of a consistence to be formed into pills, or made into rolls for keeping and exportation. The quantity of opium that may be preserved, depends very much on the largeness of our plants, and the care used in collecting it. From one poppy plant, I have obtained seven grains of opium. If any would choose to have the opium freed from its impurities, it may be easily done, by pressing the juice before it is inspissated, through a linen strainer; but if pains be taken, according to the foregoing directions, I believe there will be little or no occasion for it."

A strong decoction of the dried heads mixed with half the quantity of sugar, or honey, and formed into a syrup, by simmering slowly by a gentle fire for an hour, is occasionally used in doses of a table-spoonful in coughs and breast complaints, on account of its anodyne effects. Poppy heads are also used externally in fomentations and poultices, either alone, or conjoined with the leaves of southern wood, camomile flowers, or other ingredients.

POTATOE, SWEET.

Convolvulus Batata.

From this root Bowen's patent sago is prepared, which forms a very nutritious jelly, like arrow root, and is prepared in the same manner; to which the reader is referred.

The process generally used for procuring the powder of the sweet potatoe, is to grate the clean roots, wash the mass through brass sieves of different sizes, and collect the flour at the bottom of the vessel which receives the fluid; finally, dry it in pans either by the fire or in the sun.

The vine of the sweet potatoe, supports the famous insect, called the potatoe fly, which, from repeated ex-

periments, is found fully equal in all respects to the best Spanish flies. The potatoe flies generally make their appearance about the last of July or first of August, and may be collected in great abundance morning and evening, by shaking them from the leaves in a vessel of hot water, and afterwards drying them in the sun. These insects will also feed upon the vine of the Irish potatoe. As they can be procured in immense quantities annually, with but little trouble, every family should carefully collect them.

POTATOE, WILD.

Convolvulus Panduratus,

Grows in low grounds and sandy soils, near running water. It trails along the ground several feet, much like a grape vine; the root very large, hard, and white, running very deep in the earth; the leaves triangular, the flowers are whitish with a purple tinge, and bell-shaped. It is called wild rhubarb, and from the article whose name it bears, is employed as a purgative in doses from a tea to a table-spoonful of the powdered root. Professor Barton says, the root in powder or decoction has been much recommended in Virginia, and other parts of the United States, in cases of gravel. The decoction is prepared by boiling slowly a handful of the root sliced or bruised in three pints of water to a quart, of which, in gravel complaints, a tea-cupful may be taken four or five times a day.

PRICKLY ASH,

and

PRICKLY YELLOW WOOD.

Zanthoxylum,

Possess the same virtues. Both species are covered with numerous prickles, whence the name. Both the

bark and berry are of a hot acrid taste, and when chewed, powerfully promote spittle. It is used in this way to cure the tooth-ach, as well as by putting some within the hollow, also to cure the palsy of the tongue.

A decoction, or infusion of the bark of the root, a small handful to a quart of boiling water, in doses of half a pint three or four times a day, has long been employed with great success in chronic rheumatism, paralytic affections, and venereal disease. There is no medicine which I have found so effectual in relieving nocturnal pains, and disposing venereal ulcers to heal, as the prickly ash in the above form and doses.

A tincture, prepared by steeping half a pint of the berries, or a handful of the bark, in a bottle of spirits, is much esteemed as a remedy in doses of a wine-glassful in flatulent colics. It is sometimes employed in this form, in cold phlegmatic habits, afflicted with the rheumatism.

PRICKLY PEAR,

Grows on sandy lands, and rocky places.

A large handful of the pear cut in slices, boiled in a quart of milk, and taken in doses of a gill every morning, is reputed to be of great benefit in scurvy, dropsy, cancers, and cutaneous eruptions; and that the inner soft mucilage of the pear, while green, on a rag, to ulcers morning and night, is very efficacious. It is also said that a fresh piece of the inner side of the pear, applied twice a day to corns, after soaking the feet in warm water, and paring off the horny part, will in a few days perform a cure.

PRIDE OF INDIA, OR CHINA.

Melia Azedarach,

Is now completely naturalized to the southern states. The public walk and streets of Savannah and Augusta, are ornamented by rows of this tree, a mile long, which

furnish a most delightful shade against the scorching sun, and adds not less to the healthiness than to the beauty of these cities. Independent of its luxuriant verdure, and cooling shade, it is highly valuable for its medicinal properties, being now ascertained to be one the best vermifuges in nature.

Many physicians in the southern states, have witnessed its remarkable effects in destroying and dislodging worms. It has been even found a remedy against the tape-worm.

I have not myself made use of this medicine, possibly because of having witnessed the deleterious effects of the berries on some pigs and a parrot.

In the fall of the year 1795, at a country seat which I then owned, in Lancaster County, Virginia, a sow with eight or ten pigs came into the yard where I had several trees of the Pride of China, and observing the pigs to eat with avidity the berries, which were dropped on the ground, I had many of them thrown from the tree, and in a few hours all the pigs were seized with the common symptoms of inebriation, and died. The sow did not appear to be the least affected, although she also ate of them. The death of the pigs would not have operated so strongly on my mind, had it not been for a parrot, which not long after fell a victim to those berries. This enchanting bird, which spoke many words as plainly as a human person, and which for several years had been a pet in the family of Dr. Andrew Robertson, the father of Mrs. E****, had not long arrived at its new home, before it was tempted to eat of the fruit of this tree. A gentleman who was not apprized of the deleterious properties of this berry, presented the much-admired Poll with one of them, which she soon ate, and relished so well, as loudly to call out, "*give me some more!*" "*give me some more!*" After consuming several, she in a short time fell into a state of stupefaction, followed by a violent purging, which soon terminated her existence.

The common modes of using this medicine, are the infusion or tea, and saturated decoction. Of the former

a handful of the bark to a quart of boiling water, is given in doses of a small tea-cupful morning and night. The decoction is made by boiling a large handful of the fresh bark of the root in three pints of water to a quart, which is given to children in doses from a half to a whole wine-glassful. Dr. Kollock, of Savannah, observes, when exhibited in the latter form, every three hours, until it operates, he has found it beneficial as a febrifuge in those affections usually denominated worm fevers, but where no worms are voided. The pulp which invests the stone of the fruit, pounded with tallow, has been successfully employed in cases of scald head. Would not an ointment prepared by slowly simmering the root in hog's lard, be found also an excellent application to that loathsome disease, also to tetter worms and ulcers?

PUCCOON. See *Blood Root.*

QUEEN OF THE MEADOWS,

Grows in hedges, and on the sides of meadows, about four feet high; the stalk reddish, leaves long, spear-shaped, and opposite each other; flowers purple.

A large handful of the roots boiled in three pints of water to a quart, and given in doses of a tea-cupful every two hours, is said to be an excellent remedy in suppression of urine, and carrying of the water in dropsy.

QUINCE TREE.

Pyrus Cydonia.

The liquor expressed from the ripe quince, also the syrup, has frequently been given with great success in nausea, vomiting, and fluxes.

The juice of the quince with sugar, a gallon of one to two pounds of the other, is said to make a most delightful wine. The ripe fruit sliced and steeped in

French brandy or spirits, with a little sugar, or equal parts of the juice and spirits sweetened, forms an admirable cordial and stomachic. The quince makes also a nice preserve, and the seeds a fine mucilage, which with sugar and nutmeg, is an excellent drink in dysentery.

RADISH.

Raphanus,

Is esteemed as an antiscorbutic, particularly if eaten with the skin. When old, or after having been kept some time, they ought to be avoided, especially by persons of weak stomachs, as apt to create indigestion and colic, and to render the breath disagreeable.

RASBERRY.

Idæus,

Like the rest of the rich subacid fruit, when ripe, are wholesome and nourishing. Rasberries, as well as strawberries, held in the mouth, will dissolve tartarous concretions formed on the teeth.

RATTLE, OR SENEKA SNAKE ROOT.

Polygala Senega,

Grows nearly a foot high, the leaves pointed, and somewhat oval; the stalks upright, and branched, the flowers white, the root variously bent and joined, whence it is supposed to resemble the tail of the animal whose name it bears.

In violent colds, croup, pleurisy, acute rheumatism, and all inflammatory complaints, I can recommend it as an admirable medicine to promote perspiration. The

best form of using it is in decoction, a handful to a quart of boiling water, a wine-glassful to adults, every two or three hours, increasing or lessening the quantity to avoid vomiting and purging.

My sagacious friend, professor Chapman, recommends it very highly in obstructions of the menses, four ounces of the decoction to be taken in the course of the day, increasing the quantity when the menstrual effort is expected, as far as the stomach will allow. If this excite nausea, aromatics are to be added, as cinnamon, calamus and angelica.

Dr. Archer, of Hartford county, Maryland, was among the first who noticed the efficacy of this medicine in cases of croup, or hives.

He directs a tea-spoonful of the strong decoction to be given to a child every half hour, or hour, as the urgency of the symptoms may demand, and during the intervals a few drops occasionally, until it acts as an emetic or cathartic; then repeated in small quantities, to keep up a constant stimulus in the mouth and throat. Patients who use this medicine, should not be permitted to drink any thing whatever for some time after each dose. He has also employed it in the form of powder in doses of four to five grains, mixed with a little water.

Professor Barton, with his usual candour and liberality, observes, "I am persuaded that the Seneka is a very important medicine in the treatment of this common, and too frequently unmanageable disease; and praise, is in my opinion, due to Dr. Archer for his important discovery, for such I cannot but deem it. That the Seneka is a specific or certain remedy for the cure of croup, I do not believe; but from my own experience, I am led to repose more confidence in the use of this medicine than in any other. I have made use of a very strong decoction of the root. I have always given it in large quantities. It appears to be chiefly beneficial when it occasions an expectoration of mucus, and when it proves emetic. It is also very useful by virtue of its purgative quality. But I have known it

occasion very plentiful stools, without benefiting the patient. Indeed, in the exhibition of Seneka, I would rather wish to guard against large purgings. I have sometimes treated my patients almost entirely with Seneka. Even in such cases I have perceived most unequivocal good effects from it. But I have more generally given along with the Seneka, calomel, and sometimes calomel combined with ipecacuanha. I have not omitted the employment of the lancet, though this in many cases of croup is not absolutely necessary, and the use of blisters or sinapisms applied near the seat of the disease. I am happy to close this short notice by observing, that several respectable physicians in Philadelphia, inform me that they have used the Seneka with much advantage in the disease in question."

Along with its emetic, cathartic, expectorant and diaphoretic qualities, the Seneka possesses a diuretic power, and hence has been found useful in cases of dropsies. It likewise acts upon the salivary glands. In the prevailing epidemic I have found a decoction of this vegetable, taken freely at the commencement of the disease, a medicine of great utility.

RATTLE SNAKE VIOLET. See *Violet.*

RHUBARB, WILD. See *Potatoe, Wild.*

ROSE.

Rosa.

The hundred-leaved, or damask rose, is justly termed the queen of flowers. Ottar, or essence of roses, is obtained from these by distillation, and is doubtless the most elegant perfume in vegetable nature. Independent of their use in this manner, a decoction of its leaves will be found a mild laxative, and, when formed into a syrup, may be given with advantage to children. The conserve of roses is also prepared from them for medical purposes.

ROSE WILLOW.

Salix,

Grows near brooks, along the banks of rivers, and on the borders of meadows. It is about the size of an apple tree, and covered with a grayish-coloured bark, and very red within, with a bunch in the top resembling a bunch of roses.

Four ounces, or a large handful of the bark, boiled in three pints of water to a quart, and taken in doses of a tea-cupful three or four times a day, is said to be an excellent remedy in cases of gleet, the whites, immoderate flowing of the menses, and in cutaneous eruptions.

RUE.

Ruta,

Has an ungrateful smell, and a pungent, bitter taste. The leaves are acrid, and when applied to the skin are apt to produce blisters. Employed in the form of tea, they are reputed to be of great service to persons of cold phlegmatic habits. According to Boerhaave, an infusion of the leaves powerfully promotes perspiration, quickens the circulation, removes obstructions, and is particularly adapted to weak and hysterical constitutions, suffering from retarded, or obstructed secretions.

SAGE.

Salvia.

An infusion of the leaves, or tea, is considered serviceable to persons of cold phlegmatic habits, labouring under nervous debility. Sweetened, with the addition

of a little lemon juice, it forms an exceedingly grateful and useful drink, in febrile disorders.

Sage was supposed by the ancients to possess the virtue of prolonging human life; hence the following verse: Cur moriatur homo, cui salvia crescit in horto? How can a man die, in whose garden there grows sage? in allusion to its many virtues. What a shameful abuse of this pretended property was made by the late sir John Hill, in his patent tincture of sage, for the prolonging of human life, and warding off old age, is known to every one. This conduct could not fail to draw upon himself the pen of the wits of the age; and Garrick, with Thomson, conjointly, published the following epigram:

Thou essence of dock, valerian and sage,
At once the disgrace and pest of the age,
The worst that we wish thee for all thy bad crimes,
Is to take thy own physic, and read thy own rhymes.

Dr. Hill made the following reply:

Ye desperate junto, ye great, or ye small,
Who combat dukes, doctors, the deuce, and them all,
Whether gentleman, scribblers, or poets in jail,
Your impertinent curses shall never prevail;
I'll take neither sage, dock, nor balsam of honey;
Do you take the physic, and I'll take the money.

Such shameless imposition on common sense, deserves something worse than *ridicule;* for deceiving the sick and helpless, they merit the execrations of every man who has one spark of humanity.

SAMSON SNAKE ROOT,

Grows from six to twelve inches on dry land, and bears on the top two or three pale blue flowers; leaves

opposite, sword-shaped; the root matted, variously bent, and has an agreeable bitter taste.

Upon the respectable authority of the honourable Wm. Mayrant, of South Carolina, the root of this plant possesses in a very great degree tonic powers. He stated to me, that being himself reduced to a mere skeleton by dyspepsia, or indigestion, and having tried the usual remedies employed in such cases without receiving any benefit, he was at length induced, as his last hope, to try the virtue of this plant, which had been recommended to him by a negro man. He was directed to steep a handful of the root in a bottle of spirits, of which he was to take half a wine-glassful diluted with water three times a day; and such was the astonishing effect wrought by this medicine, that in a few weeks his health was perfectly reinstated. On his way to congress last fall, he discovered the plant to grow near Fredericksburg, Virginia, and collected some of it to exhibit in Washington. Several persons in delicate health, and troubled with dyspepsia, were readily persuaded, from the recommendations of colonel Mayrant, to make use of his favourite remedy, and not without receiving considerable benefit. Among these were three ladies of the first distinction; I mean the amiable ladies of the honourable P. P. Barbour, Aylett Hawes, and Thomas Gholson. Such testimony cannot fail to excite those who may be afflicted in a similar manner, to make use of a remedy which promises to be a valuable acquisition to our Materia Medica.

It may be taken in the form of powder, tincture, or decoction.

SANICLE, AMERICAN. See *Alum Root.*

SARSAPARILLA.

Smilax Sarsaparilla,

Grows in several parts of the United States. It is a small vine, resembling a bramble.

A decoction of sarsaparilla, prepared by boiling a large handful of the root in a quart of water, till the third part be evaporated, has long been employed as an auxiliary to mercury, in the treatment of venereal complaints. It promotes perspiration, attenuates viscid humours, relieves venereal head-ach, nocturnal pains, and disposes venereal ulcers to heal. In rheumatic affections, cutaneous disorders, and scrofula, it is a very useful medicine. It may also be exhibited in the form of powder in doses of two drachms, or extract in doses of one drachm, three or four times a-day.

SASSAFRAS.

Laurus Sassafras.

An infusion, or tea of the flowers, or bark of the root, has often been successfully given as a sweetener or purifier of the blood, in scorbutic, venereal, and cutaneous disorders, or where an acrimony of the fluids prevails. Conjoined with the bark of dog-wood, cherry-tree, or oak, it is very useful in obstinate intermittents. The oil, externally applied, in the chronic rheumatism, and also in wens, has oftentimes proved salutary. The pith of the small twigs, in water, forms a mucilage of excellent use for sore eyes, and as an injection in the incipient stage of gonorrhœa. It also affords, when sweetened, with the addition of nutmeg, a palatable jelly, useful in dysentery and febrile diseases.

SCULL CAP, BLUE. See *Hooded Widow Herb.*

SCURVY GRASS.

Cochleara Officinalis,

Is a pungent stimulating plant, and in the simple state of a salad, or in the form of expressed juice, a

wine-glassful three times a day, has long been esteemed one of the best of all the antiscorbutic plants.

SENNA, AMERICAN.

Cassia Marilandica,

Is easily cultivated from the seeds, and ought to be more generally introduced into our gardens.

It has long been employed as a purgative. To increase its effects on the bowels, manna, salts, or tamarinds are generally added. To correct its ill flavour, and prevent griping, it should be joined with some aromatics, as coriander or fennel seed, ginger, &c. In the form of decoction, a handful to a pint of boiling water, the dose is a tea-cupful every hour or two, until it operates. It may also be exhibited in the form of tincture, to relieve flatulent colics, four ounces of senna to a quart of spirits, with an ounce of coriander seed, or ginger, and a wine-glassful the dose.

SKOKE. See *Thorn Apple.*

SKUNK CABBAGE.

Draconitum Fœtidum,

Abounds in swamps and meadows, and emits a disagreeable smell, nearly resembling that of a skunk or pole-cat, and from this, and its leaves resembling those of a cabbage, it has acquired its name.

The roots dried and powdered, have proved of excellent use in asthmatic cases, and often afforded relief in this distressing disease, when other means were ineffectual. It should be exhibited during the paroxysm, and repeated as circumstances may require, in doses of thirty or forty grains. It will be proper to persevere

in the use of it for some time after the paroxysm has gone off, until the patient has perfectly recovered.

Dr. Cutler has celebrated its efficacy in his own case of asthma, after other medicines had failed. In one of the most violent asthmatic cases, two tea-spoonfuls of the powdered root in spirits, procured immediate relief, and on repeating the trials with the same patient, it afforded more lasting benefit than any other medicine. In childbed it produces the desired effect, in doses of a tea-spoonful repeated occasionally. In numerous other instances of spasm, and also in chronic and acute rheumatism, and dropsy, in powder or decoction, it has performed important cures. The seeds possess the same virtues with the root.

Dr. Cutler vehemently cautions, that, in collecting the roots, the white hellebore, or poke root, which some people call skunk weed, be not mistaken for this plant, as the consequence might be fatal. There is an obvious difference: the hellebore has a stalk, but the skunk cabbage has none, and the roots of the latter are much larger than those of the former.

SOAPWORT.

Saponaria Officinalis,

Grows in moist swamps and meadows, particularly on the Ohio river, where it is used as a substitute for soap. It rises about a foot high, the leaves are pointed, and furnished with three ribs, the flowers numerous, large, and of a pale pink colour.

A handful of this plant boiled in three pints of water to a quart, in doses of half a pint, three or four times a day, has been found useful in the jaundice, obstructions of the liver, and the venereal disease.

SORREL.

Oxalis Acetosella,

Called also sour trefoil, or cuckow bread. Yields, on expression, a grateful acid juice, which has been beneficially used in the scurvy, and scorbutic eruptions. An infusion of the leaves makes a palatable diet drink in fevers, and on being boiled in milk, forms an agreeable whey. A conserve made of the leaves, with double their weight of loaf sugar, forms an excellent substitute for lemons, and may be given with advantage, in all putrid and other fevers, where antiseptics are indicated. The leaves bruised, and externally applied to scrofulous ulcers, have produced excellent effects, by promoting suppuration and granulation.

SOUTHERN WOOD. See *Mugwort.*

SOUTH SEA TEA, OR YAUPON.

Alex Vomitoria,

Grows abundantly in the southern states. It rises about twelve feet high, shooting into many upright slender stiff branches, covered with whitish smooth bark; the leaves small, ever-green, and saw-edged; the flowers small and white, and grow promiscuously among the leaves, succeeded by small berries, which become red in October, and remain so all the winter.

It is held in great esteem among the southern Indians. They toast the leaves, and make a decoction of them, which is called black drink.

An infusion, or tea of the leaves, is considered as palatable as bohea tea, and when used freely, is a powerful diuretic, and hence of service in the cure of dropsy and suppression of urine.

SPIKENARD.

Aralia Racemosa,

Grows in low rich grounds and among rocks, to the height of three or four feet; the leaves are many, on long branches, from a thick purplish stalk, flowers very small, of a bluish colour, producing berries much resembling those of the elder, of a sweetish pleasant aromatic taste. The roots are very long, about the thickness of a finger.

A pint of the berries steeped in a quart of spirits, in dose of a wine-glassful, is said to be a speedy cure for the gout in the stomach. The roots in the form of infusion, a handful to a quart of water, and given in doses of a tea cupful three or four times a-day, have been found efficacious in gouty complaints. The fresh root applied in the form of poultice, is said to be excellent for wounds or ulcers.

SPLEENWORT. See *Maiden Hair.*

SPRUCE LAUREL. See *Mezereon.*

SQUIRREL EAR, OR EDGE LEAF.

I am indebted to my much-esteemed friend, the honourable Paul Hamilton, for the description and virtues of this plant.

Produced on barren pine land, in Carolina and Georgia, is a species of sage, and very efficacious as an antidote to the poison of the snake bite. It is known by the remarkable characteristic which forms its name. The leaf, instead of presenting its surface to the sun, presents its edge, and is in colour and shape, very much like the ear of a squirrel, although larger; the

stalk never rises beyond three feet, and its leaves are alternate and transverse.

A wine-glassful of the juice of this plant has been known to rescue from death persons bitten by the rattle snake, who were so far gone, as to be incapable of speaking. The flower of this plant is white and fuzzy, and appears in every warm month in the year; the smell that of mellilot, with a slight tincture of the aromatic.

STINK WEED. See *Thorn Apple.*

STRAWBERRY.

Fragaria.

The fruit of this plant is delicious, and being of a cooling and laxative nature, may be considered as medicinal. If freely eaten they impart their peculiar fragrance to the urine, and when retained in the mouth for some time, dissolve tartareous concretions on the teeth. They are of great service in cases of scurvy, and, according to Linnæus, a copious use of them has proved a certain preventive of the stone in the kidnies. An infusion of strawberry leaves, while young and tender, makes excellent tea; but for such purpose they ought to be dried in the shade, being slightly bitterish and styptic. They have been used with advantage in laxity and debility of the intestines, as likewise in hemorrhages and other fluxes. Lastly, they are of considerable service as aperients, in suppressions of urine, visceral obstructions, and jaundice.

SUMACH, COMMON.

Rhus Copallinum.

The berries or seeds, when ripe, are red and very acid. An infusion of them, sweetened with honey, is a good gargle for the sore throat, and for cleansing the mouth in putrid fevers.

Mr. Jesse Torrey, who contemplates establishing a botanic garden in the vicinity of Washington city, says, he considers the bark of the root of sumach to be one of the best antiseptics produced by vegetation. Corroding ulcers, defying every common application, immediately began to heal by washing them with a strong decoction, and applying the boiled bark as a poultice. He says it is a very important material in decoctions for hectic and scrofulous diseases. Sumach constitutes one of the ingredients of the following recipe, which was handed to me by a gentleman of the first respectability and veracity, as a remedy for the venereal disease.

Of the inner bark of pine and swamp elm, and the bark of the root of sumach, take each one pound, boil them in a gallon of water to three quarts, drink half a pint three times a day; if costiveness be produced, a dose of salts may be used. If there be ulcers, they are to be washed with the decoction made warm. The detergent effects will appear in a very short time. Abstinence from too much stimulants will accelerate the cure. This remedy is one of Heaven's best mercies to offending man, and instances can be produced of the effects of it, which would stagger credulity. Mercury, and nitric acid, have failed, but this has never been known to fail when properly applied. It is, moreover, a fine application in dysenteric affections.

SUNDEW.

Ros Solis,

Called also red root, or youthwort. Grows in mossy bogs, flowering in July and August.

The whole of this singular plant is acrid, and its juice sufficiently caustic to corrode corns and warts. It is said the juice, properly mixed with milk, and applied to the skin, will remove freckles and sun-burns.

SWALLOWWORT. See *Pleurisy Root.*

TANSY.

Tanacetum Vulgare.

This plant possesses a warm bitter taste, and may be used as a substitute for hops. An infusion of the leaves is recommended for a weak stomach, hysteric complaints, and obstructed menses.

According to Dr. Withering, its seeds are an excellent vermifuge, in doses from a scruple to a drachm, and that if animal substance be rubbed with the herb, it will be effectually preserved from the attack of the flesh fly.

THORN APPLE.

Datura Stramonium,

Has a variety of names, as James Town, or jimson weed, French Apple, stink weed, &c. Its common name, James Town weed, is said to have arisen from the circumstance of a number of sailors being violently diseased by ignorantly eating the boiled plant at James Town, in Virginia, at its first settlement. It grows among rubbish, and on dunghills, to the height of two or three feet, flowers in July and August. The corolla is funnel-shaped and plated white with a tinge of purple. The capsule is large, egg-shaped, and covered with thorns, which have four divisions, and contain numerous kidney-shaped seeds. The leaves are large, egg-shaped, and deeply indented, of a disagreeable smell, and nauseous taste.

Every part of this plant is a strong narcotic poison; nevertheless, when judiciously administered, it is unquestionably one of the most valuable medicines in our

possession. Professor Barton considers it a medicine of great and invaluable powers, especially in cases of mania, attended with little or no fever, or with a cold skin and languid circulation. The form in which he exhibited it, was that of an extract prepared from the first leaves, beginning with a few grains, and gradually increasing the dose to fifteen or twenty grains. In one case of mania, in a woman, he increased it to sixty grains. In a few weeks it brought on an eruption in various parts of the body, "and she was dismissed," he observes, "from the hospital, perfectly cured." Dr. Fisher recommends it highly in those cases of mania in young persons, where the fits occur daily, or monthly, at regular periods, especially if assisted by chalybeates, or such other medicines as particular symptoms require, but advises the free and regular use of it, one or two doses every day. The most convenient form, especially for children, he thinks, is the saturated tincture; the requisite dose may be known by the dilatation of the pupils.

Dr. Alexander King, of Connecticut, has employed this medicine, in the form of decoction, one drachm of the seeds bruised, boiled in half a pint of water to a gill, in several cases of inflammation of the brain, attended with delirium. The following is one of the cases recited by the doctor.

A man of robust constitution, and sanguine habit, about 26 years of age, after drinking pretty freely, was seized with a slight paroxysm of the apoplexy, which was followed with a cold fit of fever, attended with a violent pain of the head, and delirium. On the second day I found him delirious, with an inflammation of the brain, or rather the meninges. I bled him largely, so that he even fainted in a recumbent posture, which was succeeded by another partial paroxysm similar to the first. I put him on a course of medicine, nearly the same as prescribed in a former case. The next day I found no abatement of the symptoms; he had slept none for two nights past, and was quite outrageous. I then prescribed for him a decoction of the seeds of the datura stramonium, and directed the nurse to give him a

tea-spoonful every quarter of an hour. I found, on visiting him the next morning, that soon after taking the decoction, he became calm and composed, and went to sleep. I continued the same medicine through the course of the fever, which lasted about seven days, except one day in which I purposely omitted the use of it, in order fully to satisfy myself as to the operation of the medicine. On that day the delirium returned, and he slept none the night following. The next morning I had recourse to the decoction as usual, and it produced the same salutary effects as before.

In this case, I had a fair opportunity to observe the action of the medicine, in an early stage of the disease, which was cooling, anodyne, and sedative.

As a remedy in epilepsy, professor Barton thinks it may be relied on, even in the most deplorable cases. A lady, aged fifty-five, having for some months been afflicted with alarming attacks of epilepsy, by which her powers of intellect and of articulation were impaired, happily experienced a restoration, by taking one grain of the extract once in twenty-four hours. Although she did not suffer another attack, after commencing the course, she found it necessary to continue it for several months, to remove all apprehensions of a recurrence. A single grain seldom failed to excite unpleasant vertiginous sensations, accompanied with efflorescence of her face, and some degree of sleepiness. In asthma and spasmodic cough, stramonium is said to have proved essentially beneficial. It is also said to have produced salutary effects in cases of chronic rheumatism, and difficult menstruation.

As this medicine is endued with most active powers, it ought to be administered in very small doses at first, and the quantity gradually increased daily, until it produce, in a slight degree, vertigo, or dilatation of the pupil.

In the course of my practice, I witnessed the deleterious effects of this plant in a child, who was attacked with convulsions similar to those which attend persons afflicted with the disease termed St. Vitus's dance, ac-

companied with delirum, tremor, thirst, glaring eyes, dilated pupil, and considerable efflorescence of the skin. The parents were perfectly ignorant of the cause of the child's sudden indisposition; but, from the symptoms, I was convinced it had taken some of the stramonium, and on making the necessary inquiries, learned it had been playing with some of the seeds a few hours before. Immediately on visiting the child, I directed the warm bath, and gave it six or eight grains of blue vitriol, which was repeated at the interval of fifteen minutes, before it excited vomiting, when some of the seed were thrown up. After the operation of the emetic, I administered a large dose of castor oil, which, assisted by stimulating injections, produced in a few hours some evacuations, and the child was entirely relieved from all those distressing symptoms. Domestic practitioners will recollect, that two or three grains of blue vitriol is a full dose for adults; and the large dose given in this case was from persuasion that the child's stomach had been deprived of its sensibility, through the narcotic effects of the poisonous seeds.

The extract may be made by exposing the juice of the plant to the heat of the sun, or by boiling the bruised seed or leaves in water for the space of four hours; then strain off the liquor, evaporate over a gentle fire, without taking off the scum, until it has acquired the thickness of syrup; then place it in a warm oven, in an earthen vessel, until it becomes of a proper consistence for use. The dose is from one to two grains, or more, for an adult. The saturated tincture is prepared by steeping one or two handfuls of the leaves in a half pint of spirits for a few days.

The stramonium has also been employed externally with the most happy effects. In recent wounds, inflammations, or bruises, the leaves, either alone, or united with bread and milk poultice, have been applied to the part with manifest advantage. In the form of ointment, which is prepared by simmering slowly the fresh leaves bruised in hog's lard, with about one eighth part of bees-wax, for an hour, and then strained through a coarse

cloth, it will be found excellent for the piles, scalds, and burns. From my own observation, it far excels all other applications I have made, to obstinate cutaneous sores, ill-conditioned ulcers, and painful cancerous affections.

THOROUGHWORT.

Eupatorium Perfoliatum,

Is known also by the following names, thoroughstem, crosswort, boneset, and Indian sage. The first of these names, thoroughstem, has been imposed upon it from the peculiar structure of the leaves, which are opposite, and appear as though the *stem* was thrust *through them.* It has received the second name of crosswort, by which it is known in many parts of Virginia, from the position of the leaves, each pair of which take their origin from opposite sides of the stem, so that they *cross* each other nearly at right angles. I am at a loss, says professor Barton, to refer the word boneset to its real origin; but I presume the plant received this name from the great relief which, on many occasions, it has been found to afford to persons labouring under violent remitting and other fevers, in which the bones are greatly pained. The resemblance of the leaves of this plant to those of the common sage, was long ago remarked by the botanists. Hence the name Indian sage, by which the eupatorium is known in some parts of Pennsylvania.

This plant flourishes in wet meadows, and other moist places. The stalk is hairy, and rises from two to four feet. The flowers are white, and appear in July and August. The leaves at each joint are horizontal, saw-edged, and rough, from three to four inches long, and about one inch broad at the base, gradually lessening to a very acute point, of a dark green, and covered with short hairs.

This plant posseses very active powers, and has been exhibited with uncommon advantage in intermittents, remittents, and other diseases of debility. When exhi-

bited in the form of a warm decoction, a handful of the herb boiled in a quart of water, a wine-glassful every two hours, has proved *peculiarly beneficial*, says professor Barton, in fevers, by exciting a copious perspiration. In larger doses, it proves emetic, with which view it is used in some parts of the United States, as an excellent remedy in intermittents. The dried leaves in powder, in doses of twelve or fifteen grains, are said to operate gently on the bowels. Every part of this plant may be advantageously employed in practice. The flowers, as a tonic bitter, are deemed equal to the flowers of camomile, for which they might be substituted on many occasions.

This medicine has also been found very efficacious in cutaneous diseases. In a peculiar and distressing affection of the herpetic kind, which was formerly very common in Virginia, and there known by the name of James River ring worm*, professor Barton states, from the respectable authority of Dr. Thomas Knox, of Culpepper county, Va. that a decoction of this plant drank daily, for a considerable time, made a perfect cure. A wine glassful of the expressed juice of the green herb drank every hour, is celebrated as a certain cure for the bite of a rattle snake. The bruised leaves should be applied to the part.

THROAT-ROOT. See *Avens.*

THYME, GARDEN.

Thymus Vulgaris,

Is one of the most powerful aromatic plants, and as such, is frequently employed in the form of tea, in those complaints where medicines of this class are indicated.

* This disgusting disease prevailed mostly among the inhabitants on James River. It attacked the thighs, the scrotum, and especially the parts immediately adjacent to the anus. It extended its ravages into the rectum, and perhaps much further.

TOBACCO.

Nicotiana Tabacum.

This "obnoxious luxury," to use the language of the eloquent and patriotic John Randolph, Esq. is a medicine of the most uncommon powers; being emetic, cathartic, sudorific, diuretic, expectorant, narcotic, and antipasmodic; hence its utility in a variety of diseases.

A table-spoonful of an infusion, one ounce in a pint of boiling water, will excite vomiting; however, as it has no peculiar property as an emetic, and its operation is attended with severe sickness, it is not often employed with this view. As a purgative, it is employed in the form of clysters, in all cases of obstinate costiveness. Exhibited in this form, in the quantity of two or three table-spoonfuls of the infusion, mixed in half a pint of milk or thin gruel, it has frequently afforded almost instantaneous relief in violent colics, after other medicines had proved ineffectual. If this quantity procure no relief, nor excite giddiness, nor nausea, the injection may be repeated every half hour, with the gradual increase of the infusion, till one or other of these effects takes place. By this mode of proceeding, the violent effects of tobacco may always be avoided. As a diuretic, it has on many occasions proved an invaluable remedy, as in ascites and other dropsical affections, also in gravel, or difficulty of making water. In those cases, according to Dr. Fowler, the dose for adults should be from sixty to one hundred drops of the infusion in a tea-cup of water, twice a day, about two hours before dinner, and at bed-time; it being observed to disagree the most with the stomach in a morning fasting. And such is the difference between the morning and night, that almost every patient will require to take one fourth, and some one third more in the forenoon than in the evening, in order to enable them to bear the dose with equal convenience. The common dose just mentioned, relates only to adults of an ordinary constitution; for it de-

serves particular notice, that between constitutions which are very nervous and irritable, and those which are very robust or torpid, or long accustomed to the use of tobacco, the dose will admit of very great and surprising alterations.

As an expectorant, in asthmatic cases, unattended with inflammatory symptoms, this medicine has frequently afforded relief. In cases of tetanus, or lock-jaw, injections of tobacco infusion, says, Dr. Mease, have been used with success. They not only produce evacuations from the bowels, which are generally obstinately constipated, but tend to a relaxation of the violent spasms so peculiar to this disease. On this account, he suggests the propriety of giving it in the dreadful disease produced by the bite of a mad dog.

Besides the internal use of tobacco in the above diseases, it is likewise commended for its virtues externally employed. In the tooth-ach, a piece of lint moistened with the expressed juice of tobacco, has often acted as a charm in mitigating the pain. In obstinate ulcers, an ointment, or the dried leaves of tobacco, steeped in water, and applied to the part affected, have been attended with beneficial effects, after the usual remedies had failed. In the itch, and obstinate cases of cutaneous eruptions, the tobacco infusion, as a wash applied two or three times a day, seldom fails of effecting a radical cure. In that detestable distemper, called lousy evil, to which many children are subject, though from neglect of cleanliness, adults are sometimes afflicted with it, the infusion has effected a radical cure, in several instances, after preparations of mercury, and other applications, had failed. It will be found equally destructive to crab-lice, if applied two or three times a day, to the parts which they infest.

In cases of worms, tobacco externally applied, is deserving the highest estimation. Professor Barton states, that the leaves pounded with vinegar, and applied in the shape of poultice to the region of the stomach and abdomen, have often discharged worms, after powerful anthelmintics had been exhibited internally in

vain. We ought not to be surprised, says he, at this effect of the tobacco, since we know that the same vegetable, applied externally, is often efficacious in inducing vomiting. Accordingly, says he, I have for some years been in the habit of applying tobacco leaves to the region of the stomach of persons who have swallowed large quantities of opium, and other similar articles, with a view of destroying themselves. It is well known, that in these cases, the stomach is often extremely inirritable, insomuch, that the most powerful emetics have little effect in rousing that organ into action. Here, as an auxiliary at least, the tobacco, in the manner I have mentioned, is certainly very useful, and in many instances ought not to be neglected.

In further testimony of the efficacy of tobacco externally applied, in the most formidable diseases, we cannot forbear inserting at length, a letter addressed to the Editors of the Medical Museum, by Dr. Edward Cutbush, now of this city, a gentleman no less distinguished for his medical attainments, than for his surgical knowledge. Preceding this letter, is a minute detail of the case, related by an Italian physician, of a young woman, long afflicted with an abdominal swelling, producing violent convulsions, which, after having baffled the most efficacious means, was radically cured by Dr. Edward Cutbush, M. D. senior physician of the American marine hospital at Syracuse, in the year 1805.

"Sir,

"In consequence of the earnest solicitations of the parents of the young woman, whose case is above stated by one of her physicians, she was brought to my house in Syracuse to be examined. I received from herself and parents a history of her case, which corresponded very nearly with the above statement. Her parents informed me they had consulted 33 physicians and surgeons of Naples, and different parts of Sicily, without receiving any advantage. Some were of opinion that the swelling was owing to a collection of water in the uterus; others in the ovaria; others, that it was an en-

larged liver; finally, two or three were strongly impressed with the idea, that it was an *extra-uterine fœtus*, which produced all the distressing symptoms above stated. On examination, I found a very large swelling, extending from the epigastrium in a diagonal direction to the anterior spinous process of the right ilium. The tumour had a number of inequalities on its surface; no fluctuations could be felt; she could not bear it pressed without suffering great pain. I must confess I did not give any decisive opinion in the case, it being perfectly new to me, and especially after the numerous contradictory opinions and practice of the first physicians of Naples and Sicily had failed in giving relief. She had been twice under the liberal use of mercury in Naples and Syracuse; in the latter place, by the direction of a surgeon belonging to Lord Nelson's squadron, when his lordship was there in 1798, without beneficial effect. From this history and examination, I entertained no hope of relieving her; but the solemn entreaties of her parents determined me to make trial of a remedy, which I had found useful in discussing obstinate tumours, and which finally terminated a disease that had been the source of great distress to the unfortunate female, and which, doubtless, proved the disease to have been an hydropic affection of the uterus, or right fallopian tube, though no undulation could be discovered. I directed the leaves of the nicotiana, recently collected, to be stewed in vinegar, and applied to the abdominal swelling. The first application produced nausea, vomiting, vertigo, great depression of muscular strength, copious perspiration, and a loose state of the bowels. Her pulse became very slow. In consequence of the violence of the above symptoms, it was not long continued; but on the succeeding day, it was repeated morning and evening, and produced all the above symptoms, but in a less degree, attended with an immoderate flow of water from the vagina. The application was continued twice a-day for one week, when its effects on the system were less powerful; but I was informed, with the most rapturous expressions, that the tumour had diminised very much.

The day following, a priest was despatched to inform me, that the water was continually running from her as she walked her room. The remedy was continued about twenty days, but the swelling disappeared entirely before the fourteenth. No medicine was given, excepting a small quantity of opium or wine during the day. When the application of the tobacco was omitted, her abdomen was perfectly soft and she could bear it pressed without pain. She was occasionally attacked with syncope, and complained of a want of appetite; I advised a bandage to be applied around her body, a course of tonic medicines, a generous diet to be gradually increased, equitation, (riding) and cheerful company. I saw her in October, 1805; she informed me that all the functions of her body where natural; her countenance was florid and cheerful. April 1, 1806, I was informed she remained in good health.

"It is difficult to account for the modus operandi of tobacco in this case, unless the violent commotion, which it excited in the system, ruptured the cyst which probably contained the water. I conceive the external application of tobacco, as a remedy in many diseases, demands more attention from physicians than it has generally received. In obstinate constipation of the bowels, I have applied tobacco stewed in vinegar or water, with the greatest success; even after powerful cathartics, enemata of different kinds, injections of tobacco smoke or the infusion of the plant, have failed; and conceive it preferable in many cases of ascites, to the common mode of administering it internally in the form of tincture or infusion.

I am, sir, with esteem, yours,
EDWARD CUTBUSH."

Happy if this plant "of many virtues" could always be exerted to such beneficient purposes as those above, and for which, no doubt, it was intended by the all wise and benevolent Creator. But, alas! we are constrained to deplore, not only the idle and expensive, but too often fatal abuse of it, by snuffing, chewing, and smoking,

practices which cannot be too severely censured, especially in young persons, and those of weak digestion, consumptive, or delicate habits. When used in either of those forms, by persons unaccustomed to its use, it will, in small quantities, produce stupor, giddiness, and vomiting. But, like spirits, opium, and other narcotics, the use of it may be introduced by degrees, so that its peculiar effects, even from large quantities employed, seldom appear.

TOE-ITCH. See *Moorwort, Broad-leaved.*

TOOTHACH-TREE. See *Prickly Ash.*

TOUCHWOOD.

Boletus Igniarius,

Called also punk. It is a spongy substance, growing on the white oak, pine, and hickory trees, generally used for catching fire with flint and steel. The heart of that which grows on the oak, reduced to a powder, and applied to violent hemorrhages from wounds, is said to be an excellent application to stop the bleeding.

TREFOIL, WATER.

Menianthes,

Grows about twelve inches high, in marshes, swamps, and wet meadows. It bears many elegant flowers, in a spike, which are sometimes white, but commonly rose-coloured on the outside, and in the inside finely fringed; the leaves are three together, resembling our garden beans.

A drachm of the powdered leaves is said to operate up and down. An infusion of the leaves, two handfuls to a quart of boiling water, in doses of a tea-cupful two or three times a day, is esteemed a useful medicine in chronic rheumatism, in scorbutic complaints, and in all impurities of the blood.

TULIP-BEARING POPLAR. See *Poplar, White.*

TURMERIC. See *Bloodroot.*

UNICORN ROOT.

Aletris Farinasa,

Grows in meadows, and on the sides of mountains, about six or seven inches high; leaves spear-shaped, lying on the ground, and are green all the winter. The flowers grow on the stalk from the ground, which hang down at the top when fully blown; the root is whitish, full of small fibres, about the thickness of the end of the little finger, and crooked at the end.

The powdered root, in doses from a half to a teaspoonful, is said to afford relief in hysteric, and flatulent or wind colic. A large handful of the root steeped in a quart of spirits, in doses of a wine-glassful three times a-day, is highly esteemed by some as a valuable remedy in chronic rheumatism.

VALERIAN, WILD.

Valeriana Officinalis,

Grows abundantly in the vicinity of the Ohio river. It rises two or three feet high—the leaves in pairs, large, hairy, and of a dusky-green colour—flowers stand in large tufts on the tops of the branches, of a pale whitish-red colour.

The root, which is the part used in medicine, consists of a number of slender fibres, matted together, and attached to one head; of a brown colour, having a strong and unpleasant smell. Valerian has long been recommended by the most learned physicians as a medicine of great use in nervous disorders; and is particularly serviceable in hysteric cases, as well as in epilepsy, pro-

ceeding from a debility of the nervous system. According to Dr. Withering, it is an excellent medicine in cases of habitual costiveness. It should be given in doses from one to two tea cupfuls or more, in powder, three times a-day. It seems most useful when given in substance, and in large doses.

VINE, GRAPE.

Vitis Vinifera.

Several species of this valuable shrub grow in the United States. The success which has attended the attempts to cultivate foreign and native grapes, sufficiently prove that our climate is perfectly congenial to the cultivation of the vine, and, that with very little attention, we might supply ourselves abundantly with cheap and wholesome wines.

Wine certainly is most excellent to prevent, as well as to cure diseases. A prudent use of it, when genuine, I can say, from my own experience and observation, admirably conduces to health. It will be found particularly beneficial to the weak and aged, and to those who are exposed to a warm and moist air, or to a corrupted one. It exhilarates the spirits, quickens the circulation, promotes digestion, invigorates both the body and mental faculties, and thereby renders persons less susceptible to disease.

As a medicine, *wine* is a most grateful and valuable cordial in languors and debility, in which it is found to raise the pulse, support the strength, promote perspiration, and resist putrefaction. Hence we cannot appreciate too highly this reviving liquor, which justly merits the title of "donum Dei," gift of God. Were we to have less recourse to ardent spirits, and instead of continuing in those abominable practices of drinking before dinner, to take a few glasses of wine after dinner, we should find "our account" in it. During my long residence in Savannah, and exposed as I was alternately by my professional pursuits, to the scorching sun and chilling night air, I was never attacked with the pre-

vailing fever, incident to that climate, which I ascribe almost entirely to the daily use of the purest and best wine. In further corroboration of this fact, I will with candour state, that, when from unforeseen reverses of fortune, I was induced to remove to the more healthy situation, as I thought, of Washington, not a season has elapsed, but some one or other of my family has suffered severely with the bilious or nervous fever, which I cannot but ascribe, in a great measure, to our not drinking such good wine as we were accustomed to at the southward.

There are many persons in good circumstances, who object to the daily use of wine, as being too expensive. To such I would recommend it as economy. Besides the very great satisfaction which would naturally flow from having a healthy family, money is often saved by a prudent use of it. To illustrate this, it is only necessary to state, that several families at the southward, who were in the habit of paying annually large accounts for medical attendance, inquired of me how it was, that myself and family enjoyed such perfect health, while they were sickly. I remarked, that it was principally owing to drinking good wine, and assured them, though against my interest, if they would but pursue my plan, they also would enjoy good health. Some of them adopted my plan, which carried conviction with it; for on the following year, and afterwards, they enjoyed much better health, were enabled to attend to their business, and found the expense of the wine saved in their physician's bill. Others again object to the habitual use of wine, as not congenial to their constitution, observing that whenever they entertained, or dined with their friends, they were either induced from politeness or persuasion, to drink as the rest of the company,* from which their heads were uniformly af-

* The following anecdote will at once show the absurdity of pressing our friends to drink more wine than their appetites crave. A foreigner was invited to a party, consisting, as he was told, of English philosophers, of whom he conceived a great deal. After a very plenteous dinner, the cloth was cleared, and the bottles were placed on the table. He was pressed after five glasses to drink on, but the stranger persisted in assuring the com-

fected, and they always felt disagreeable on the following day. This objection is at once refuted, by simply stating, it is my wish to impress on my readers the *use*, but not the *abuse* of wine, which no man more heartily than myself abhors, especially in *young persons*, whose readiness to take glass for glass with their elders, is to me one of the most lamentable spectacles in nature. The excessive use of this stimulant, as well as every other, is most certainly injurious to the system, and ought, therefore, to be carefully guarded against by every rational person. It deserves also to be noticed, that the same quantity of wine which would produce intoxication in one person, would have little or no effect on another; and there is also a wide difference between taking it on an empty stomach, and on a full one. As it respects myself, it is a positive fact, that one glass taken an hour or two before dinner, will affect my head more than a pint after dinner. In like manner, a half pint of adulterated or impure wine, will produce unpleasant sensations on me, when a pint of genuine Madeira, will have no other than the pleasing effect of invigorating the constitution. The apprehension which some persons entertain, that children, early accustomed to wine, will be apt to become drunkards, is without the smallest foundation whatever. On the contrary, it is a lamentable truth, that we daily see persons, who were restrained in the early period of their lives, from drinking wine, toddy, or table drink, in the presence of their parents, become perfect sots after they arrived at the age of manhood. It is one of the greatest commendations of wine, that we never see those who daily indulge the use of it become drunkards. This is verified, not only in France, but in many parts of our Union. In Charleston, Savannah, and Augusta, the inhabitants generally make use of wine; the consequence of which is, they are sober, discreet, and, notwithstanding the climate, are healthy. It is a rare thing indeed to see a drunkard of any de-

pany, he felt no drought. These philosophers began then to be angry, and the foreigner rang the bell, and insisted on another course, for they ought as much to eat, as he to drink against inclination.

scription in the streets of those cities. Whether it is owing to their drinking less ardent spirits, or a better police than we have, I will not pretend to say, but such is the fact, and would to God I could, with equal propriety, make the same remarks of the metropolis of the United States, where drunkenness among the lower class and negroes, reigns triumphant, throwing open, as it were, the flood-gates of every species of vice.

"Vice is a monster of so frightful mein,
As, to be hated, needs but to be seen;
Yet seen too oft, familiar with her face,
We first endure, then pity, then embrace."

POPE.

It is also worthy of remark, that among the genteel circles in Charleston, Savannah, and Augusta, you will hardly meet with an instance of a gentleman drinking any thing before dinner, or pressing his friends to take more wine after dinner than they feel an inclination for; however, this is nothing more than what might have been expected from those who are not excelled by any society on earth, either for polished manners, or true hospitality. "Experientia docet," experience teaches, is my motto, and as I speak from this alone, I feel conscious of the rectitude of my heart, in earnestly recommending to my fellow-citizens, both old and young, the daily and prudent use of genuine wine, at least during the sickly season, and in unhealthy situations, without any fear whatever of making sots of them. That the tenderest infant may be benefited by it, I am convinced from my own practical observations; but if higher authority is required, I will conclude with the following sentiment of that celebrated physician, the late professor Rush.

It is remarkable, says he, that the children of persons in easy circumstances, who sip occasionally, with their parents, the remains of a glass of wine after dinner, are much less subject to disease, than the children of poor people, who are without the benefit of that article of diet.

Having said so much in praise of the generous juice of the grape, and considering it as I sincerely do, one of the choicest medicines in the Materia Medica, I cannot do otherwise than present my readers with the following most approved method for making American wines, taken from the *Domestic Encyclopedia*, vol. 5.

Grapes must be fully ripe before they are gathered; gather them in a fair day, when they are perfectly dry; and take away all the rotten and unripe grapes, for they spoil the wine. If your vintage be large, and you gather more grapes than you can mash and press out in one day, let them be gathered without bruising, for bruised grapes soon contract an unsavory taste, and hurt the wine; however, if they are mashed the same day they are gathered, the bruising will do no hurt.

Chaptal advises to cut off the tails of grapes very short with a pair of scissors, and to choose none but sound grapes, and those clusters which are best exposed, rejecting those which have been sheltered, and near the ground, and to prefer those which ripen at the bottom of the vines. They are then to be put into small baskets to prevent the loss of juice, by the superincumbent weight; and when full they ought to be put in carts, or on the backs of men or horses.

I would advise the gathering of them to be directed by some grave discreet person; for as this work is done generally by servants and children, it is made matter of pastime and frolic; and so many grapes are torn off, and either bruised or scattered on the ground, to the no small damage of the owner, both in the loss of fruit, and in hurting the wine: and these things should be impressed on the minds of the gatherers before they begin, that every thing may be done regularly and in order, by which means more work will be done, and to much better purpose.

If white frosts happen before some of your grapes are fully ripe, let them still hang on the vines, and they will grow ripe, rich, and high flavoured; but they must be gathered before the weather be so hard as to freeze

the grapes, for that will spoil them: the light frosts that only kill the leaves do not hurt the fruit, unless it be such as are late ripe; these should be carefully covered from all frosts, they should grow against walls or board fences fronting the south or south-east, and at night be covered with mats or frames thatched with straw, which should be so contrived as to be set up to cover the fruit or let down at pleasure.

As the wine made from black grapes has a different management from that made of white grapes, I shall begin with the white; these then must be gathered as I mentioned before, in a fair day, when the grapes are perfectly dry; and both the rotten and unripe grapes be carefully plucked off from every bunch, the clusters are then thrown into the mash vat, and two or three men, according to the quantity, having washed their feet and legs very clean in bran and water, get into the vat and trample and mash the grapes thoroughly, so that none escape.

Chaptal says, as a general rule, that the grapes must be equally pressed, to insure a uniform fermentation: and the vat filled in 24 hours, to avoid the inconvenience and imperfections arising from a successive series of fermentations, and when unexpected rain suspends the collection of the grapes, the juice of those already collected and placed in the vat, must ferment separately.

The first and second pressing being mixed together, is put into hogsheads, and filled within four inches of the bung, that it may have room to work and ferment, the casks placed in some warm room or dry cellar. Then having a small spile fixed in the middle of the head of the cask, the third or fourth day, draw a little of the wine in a glass, and if it be pretty fine draw it off immediately into a clean dry well-scented cask, the larger the better, so you have wine enough to fill it, which you must do within two inches of the bung, and stop it close, leaving only the vent-hole open for a second fermentation; after a few days it will work a second time, but not so much as at the first; if your wine be strong and good, which you may know by the age of your

vineyard, and by the goodness of the seasons, it will be best to leave the bung-hole open for this second working; the wine will be the better: for strong wines require a greater fermentation than weak wines, and the stopping of the bung-hole checks the working, and prevents weak wines from spending themselves too much; on the contrary, if strong wines have not a thorough working, they are apt to grow thick and ropy: by this you may form a proper judgment what degree of fermentation is proper for the wine that is under working, and govern yourself accordingly. Three or four days after the second fermentation begins, carefully watch your wines every day, again try them in a glass, and if they be pretty fine, prepare a cask sweet and good, burn a good large brimstone match in it, and as soon as the match is burnt out, whilst the cask is full of smoke, draw off the wine into it; now fill up your cask to the brim, and bung it up tight, and stop the vent-hole; the smoke of the brimstone will hinder any further fermentation; and this is called stunning or sulphuring; then make a mortar of clay and horse-dung mixed up with strong flaxseed jelly, and covering the bung and vent hole close with it, let it stand till it is fit for use.

When you first rack off, if you have any old wine that is rich and good, of the same kind or colour, put four or six gallons of it, and two gallons of good brandy into your cask, this quantity is sufficient for an English hogshead, and then rack off your wine into it for the first time, this will greatly strengthen and preserve it.

When wine is in fermentation, all the gross parts are thrown up to the top of the cask or vessel that it ferments in, and there meeting the air, they contract a harshness. *If then they are suffered to pass down through the body of the wine, which they certainly will do as soon as the fermentation is over*, they will communicate those evil qualities to the wine. For this reason, draw off your wine both times before the fermentation be quite over. These *general* rules are of great consequence.

I now pass on to the making of red wines from the

black grapes. Red wines have a different management from the white; the whole of one or even two days treading or mashing, where the vintage is great, is thrown into a large vat, the must, stalks, skins and all, and stands in some warm dry place or cellar. The vat is covered close with sheets or blankets, or both, and thus it remains, according to custom, from four to seven or even ten days, according to the coldness or heat of the weather. This is done to obtain a strong fermentation, in order to give a deeper colour to the wine; and this is the only end proposed by it; the manager of this work, visits the vat twice a day, and in a glass views the colour of the wine and tastes it; if the tincture be not deep enough to his mind, he knows by the taste of the wine, whether it will stand a longer fermentation: if it will not, he contents himself with the colour it has, and draws and presses it off, and fills it into casks, leaving about two inches from the bung, for a second fermentation. When the second fermentation is over, which generally happens in four or five days, he then draws it of into clean well scented casks, and adds to it six gallons of good old wine and two gallons of brandy to an English hogshead, which contains from 60 to 63 gallons. Where the same kind of wine is not to be had, he makes use of Port wine. He then fills the cask quite full, and bungs it up tight, leaving only the vent hole open to let out the generated air. Note: when I say, where the same kind of wine is not to be had, he makes use of Portugal wines, this is mentioned for our practice, not that the French make use of such wines, for they always have wines enough of their own of the same kind.

Besides the main pulp or core of the grape, which is white in black grapes as well as others, there sticks to the inside of the skin, a considerable body of rich pulp, of a deeper dye in some than in others. This pulp gives the colour to the grape, this same pulp also gives the colour to the wine, for *the same grape is capable of making white wine as well as red wine;* if the main core which is first trod out, be only used, the wine will

be white; but if the red pulp be mixed with it, it makes it of a rich purple colour; as this is a clear case, the great point of improvement is, to dissolve or extract this rich pulp, without injuring the wine. That the present method is the best and most effectual to that purpose, I can by no means think; the violent fermentation through which the wine is made to pass, in order to procure the tincture, must exhaust the spirits in a very great degree, and leave the body in a weak and languid state, and subject it to harshness, to turn eager or vapid in a short time; I think I have reason to conclude, that if the husks or skins, after four days lying in the murk, were taken out, and thrown into the mash vat, and trod over again, and especially if some of the *must*, or rather wine, be now and then thrown over the husks, in order to wash away the pulp, that a full tincture may be obtained; without torturing the wine, as the present manner is, and without running so great a risk of spoiling it.

Another Method, by Joseph Cooper, Esq. of Gloucester county, New Jersey.

I put a quantity of the comb from which the honey had been drained, into a tub, and added a barrel of cider, immediately from the press; this mixture was well stirred, and left for one night. It was then strained before a fermentation took place; and honey was added until the strength of the liquor was sufficient to bear an egg. It was then put into a barrel; and after the fermentation commenced, the cask was filled every day, for three or four days, that the filth might work out at the bunghole. When the fermentation moderated, I put the bung in loosely, lest stopping it tight might cause the cask to burst. At the end of five or six weeks, the liquor was drawn off into a tub; and the whites of eight eggs, well beat up, with a pint of clean sand, were put into it: I then added a gallon of cider spirit; and after mixing the whole well together, I returned it into the cask, which was well cleansed, bunged it tight, and placed it in a proper situation for

racking off, when fine. In the month of April following, I drew it off into kegs, for use; and found it equal, in my opinion, to almost any foreign wine: in the opinion of many judges, it was superior.

This success has induced me to repeat the experiment for three years; and I am persuaded, that by using clean honey instead of the comb, as above described, such an improvement might be made, as would enable the citizens of the United States to supply themselves with a truly federal and wholesome wine, which would not cost a quarter of a dollar per gallon, were all the ingredients procured at the market price; and would have this peculiar advantage over every other wine, hitherto attempted in this country, that it contains no foreign mixture, but is made from ingredients produced on our own farms.

VIOLET, RATTLE SNAKE,

Grows about four inches high, on the banks of rivers, and in pine woods; leaves grow in a cluster from a stalk, oval-shaped, fleshy, and full of small veins; flowers of a pale blue colour.

An infusion of this plant, a handful to a quart of boiling water, taken in doses of a tea-cupful three or four times a-day, and some of the green leaves bruised, and applied twice or thrice a-day, to scrofulous tumours, or king's evil, is said to be an infallible remedy.

VIOLET, SWEET.

Viola Odorata,

Is cultivated in our gardens; leaves heart-shaped, notched, flower deep purple, and odoriferous.

A tea-spoonful of the powdered herb is celebrated as a mild laxative. To children, a strong infusion or decoction formed into a syrup with molasses, honey, or sugar, in doses of a wine-glassful, will be more acceptable.

VIRGIN'S BOWER,

Grows about two feet high, near ponds and low pastures; leaves opposite in pairs, and terminated by an odd one, the flowers somewhat resemble the appearance of feather tails.

A small handful of the leaves infused in a quart of boiling water, and given in doses of a gill three times a-day, is said to be very beneficial in venereal sores, or cutaneous eruptions of long standing, particularly if the sores are washed with the same. The bruised green leaves have been applied to ulcers, as an escharotic, to destroy fungous or proud flesh.

VIRGINIA, OR BLACK SNAKE ROOT.

Serpentaria Virginiana,

Grows in rich woodlands, from seven to nine inches high, leaves heart-shaped, flowers of a purplish brown colour. The root is composed of a number of strings or fibres, issuing from one head, and matted together, of a brownish colour on the outside, and pale or yellowish within.

It has an aromatic smell, and a warm bitterish pungent taste. It promotes perspiration, raises the pulse, and resists putrefaction. Hence it is especially adapted to the low and advanced stage of typhus or nervous fever. It may be given in the form of infusion or tea, a handful to a quart of boiling water, in doses of a teacupful, or in powder, from ten to thirty grains every two or three hours. Conjoined with the Peruvian bark, or any of its substitutes, it is an admirable remedy in obstinate cases of the ague and fever, and other disorders of general weakness. In cold phlegmatic habits, it has also been exhibited in the form of tincture, and when united with double the quantity of dogwood bark, or berries, it affords a good bitter. Professor Barton

observes, that a strong decoction of the root was used with great benefit as a gargle in a putrid sore throat, which prevailed in New Jersey.

Externally applied, the decoction has been found to cure the itch.

WAKE ROBIN. See *Cuckow Pint.*

WALNUT, WHITE.

Juglans Alba,

Affords one of the finest cathartic medicines in the whole American Materia Medica. The inner bark, boiled for several hours, then strained and reboiled to the consistence of thick honey, forms the best preparation of this invaluable medicine. A common sized pill or two at going to bed, is admirable to remove those costive habits, which occasion head-achs, loaded stomachs, colics, &c. And in increased doses, say double quantities, it will be found a sovereign medicine in dysentery, bilious fever, and all other complaints requiring aperient medicines, more especially if combined with equal quantities of calomel. I cannot quit this extract without most heartily recommending it to every American family to keep it constantly by them.

The bark of the root is excellent to raise a blister, therefore may be substituted for Spanish flies.

WATER CRESSES,

Grows in running brooks and wet ditches.

The green herb, eaten as a vegetable, and the expressed juice in doses of a table-spoonful two or three times a day, is an effectual remedy for the scurvy.

WATER TREFOIL. See *Trefoil, Water.*

WHITE BRYONY,

Grows in low meadows and swamps; the stems twist about bushes, and shoot out to a great extent; the leaves pointed, irregularly toothed, very large, diminishing gradually to the top; flowers of a yellow green, which produce a red berry; the root is white and large.

A very strong decoction of the root strained, and then simmered slowly by the fire, until it become of the consistence of honey, is said to be a good purgative medicine in doses from one to three tea-spoonfuls.

WHITE WOOD. See *Poplar.*

WILLOW.

Salix,

Professor Barton thinks that our willows possess nearly the same virtues that have been ascribed to those of Europe, and that they might be substituted for the Peruvian bark. The bark of the white willow, smooth willow, and crack willow, so called from the remarkable brittleness of its branches, collected when it abounds with sap, has been successfully employed in intermittent or ague and fever, in doses of one or two drachms. The broad-leaved willow is said to possess greater virtues than either of the above. This species may be distinguised by the shape of its leaves from all others, except the bay-leaved willow. The leaves of the latter are smooth and shining, of a deeper green, and have not the downy appearance on the under surface, which is so remarkable in this. It is found in

woods and hedges, on hilly situations, and delights in cold clayey moist grounds.

A strong decoction of this bark resembles port wine in colour. It is astringent to the taste, and somewhat bitter. According to Dr. Wilkinson, it is a remedy of great efficacy in most cases where the Peruvian bark is indicated. He directs one ounce and a half (a handful) of the bark to be infused in one quart of water for six hours, then boil it over a gentle fire for a quarter of an hour, and strain for use. Of this, the ordinary dose is a is a wine-glassful three or four times a day. But in ague and fever, the dose may be repeated every third hour in the interval of the fit.

WINTERBERRY. See *Alder, Black.*

WINTERGREEN. See *Calico Tree.*

WOOD BETONY,

Grows about a foot high in upland woods, and old pastures; the stem square and hairy, the leaves opposite, and hairy, the flowers in spikes of a purple colour.

An infusion of the herb, a handful to a quart of boiling water, in doses of a tea cupful every two hours, is said to be serviceable in rheumatic or gouty affections.

WORMSEED. See *Jerusalem Oak.*

WORMWOOD. See *Mugwort.*

YARROW,

Grows in dry pastures, and along the sides of fences, about a foot high; leaves pointed, flowers white, tinged with a little purple beneath.

A handful of the tops of yarrow infused in a quart of boiling water, in doses of a tea-cupful three or four times a day, is reputed to be a valuable medicine in the dysentery, bleeding piles, and restraining immoderate flow of the menses. A table-spoonful of the expressed juice, taken twice a day, and the herb bruised, or in the form of poultice, is said to have cured a cancer of the breast. The green leaves pounded, and applied over a bruise, dissipates it in a few days.

COLLECTION AND PRESERVATION

OF

VEGETABLE SUBSTANCES.

HERBS and leaves are to be gathered in dry weather, after the dew is off them, and are to be freed from decayed, withered, or foreign leaves. They are usually tied in bundles, and hung up in a shady, warm, and airy place, or spread upon the floor, and frequently turned. If very juicy, they are laid upon a sieve, and dried by a gentle degree of artificial warmth. They should be dried in such quantities at a time that the process may be finished as quickly as possible; for by this means their powers are best preserved: the test of which is, the perfect preservation of their natural colour.

Flowers ought also to be collected in clear dry weather, after the dew is off, immediately after they have opened. They should also be dried nearly as leaves, but more quickly, and with more attention. As they must not be exposed to the sun, it is best done by a slight degree of artificial warmth.

Barks and woods should be collected when the most active part of the vegetables are concentrated in them, which happens in spring and in autumn. Spring is preferred for resinous barks, and autumn for those that are gummy. Barks should be taken from young trees, and freed from decayed parts, and all impurities.

Seeds and fruits are to be gathered when ripe, but before they fall spontaneously.

Roots which are annual, should be collected before they shoot out their stalks or flowers. Those which are worm eaten or decayed are to be rejected. The others

are immediately to be cleaned with a brush and cold water, letting them lie in it as short time as possible; and the fibres and little roots, when not essential, are to be cut away. Roots which consist principally of fibres, and have but a small top, may be immediately dried. If they be juicy, and not aromatic, this may be done by a moderate heat; but if aromatic, by simply exposing them, and frequently turning them in a current of cold dry air. If very thick and strong, they are to be split or cut into slices, and strung upon threads; if covered with a tough bark, they may be peeled fresh, and then dried. Such as lose their virtues by drying, or are directed to be preserved in a fresh state, are to be kept buried in dry sand.

The proper drying of vegetable substances is of the greatest importance. It is often directed to be done in the shade and slowly, that the volatile and active particles may not be dissipated by too great heat; but this is an error, for they always lose infinitely more by slow than by quick drying. When, on account of the colour, they cannot be exposed to the sun, and the warmth of the atmosphere is insufficient, they should be dried by an artificial warmth less than 100° Fahrenheit, and well exposed to a current of air. When perfectly dry and friable, they have little smell; but after being kept some time, they attract moisture from the air, and regain their proper odour.

DISPENSATORY.

HAVING finished, as far as the limits of this work will permit, a general detail of the practice of domestic medicine, adapted to the climate of our country, it now only remains to notice the medicines requisite for family use, and to point out the best forms of prescribing them, in the treatment of the different diseases, described in the preceding parts of this work.

The following table of medicines will be found sufficient to answer every purpose of domestic practice, and the expense will be found nothing, compared to the great advantages which must result from being constantly supplied with them. To render the work still more complete, I have, in this table, annexed to the medicines, their doses according to the age of the patient; observing, however, that whatever general rule may be given, it can only be applied with reference to the habit and state of the patient. The judgment of the person who administers the medicine must therefore be exercised in this respect. It will be found that the constitution is often attended with certain peculiarities, both in relation to medicine in general, and also to certain substances particularly, which knowledge is only to be obtained by experience.

A TABLE OF MEDICINES

FOR

FAMILY USE,

WITH THEIR

DOSES AND QUALITIES ANNEXED.

These doses must be increased, or diminished, according to the strength and habit of the patient.

Medicines.	Adult.	From 19 to 15	From 15 to 10	From 10
Ars. solu. of (*a*)	5 to 12 drops	5 to 10 drops	4 to 8 drops	3 to 6 dr
Antimonial wine	3 to 4 drachms	3 to 3½ drms.	2½ to 3 drms.	2 to 2½ d
—as a diaphoretic	26 to 60 drops	20 to 50 drops	15 to 40 drops	12 to 30 d
Alum	5 to 15 grains	4 to 12 grs.	3 to 10 grains	2 to 7 gr
Aloes	5 to 20 grains	4 to 18 grs.	3½ to 15 grains	3 to 12 g
Arrow root	. . . . .	. . . . .	. . . . .	. . .
Balsam capivi	20 to 80 drops	17 to 60 drops	15 to 40 drops	12 to 30 d
Balsam Turlington	do. do.	do. do.	do. do.	do.
Barley	. . . . .	. . . . .	. . . . .	. . .
Bitters	2 to 4 drachms	1 to 3 drms.	1 to 2 drms.	. . .
Borax	. . . . .	. . . . .	. . . . .	. . .
Bark, Peruv. (*b*)	30 grs to 2 dms	30 to 1½ drms.	25 to 1¼ drms.	20 to 1 dr
Calomel	6 to 20 grains	5 to 15 grains	4 to 10 grains	3 to 8 gr
Camphor	4 to 20 grains	3 to 15 grains	2 to 10 grains	2 to 6 gr
Cream of tartar	4 to 12 drms.	4 to 8 drms.	3 to 8 drms.	2 to 5 dr
Caustic vol alk. liq	½ to 2 drms.	½ to 1½ drms.	½ to 1 drm.	25 to 50 d
Corrosive sublimate	. . . . .	. . . . .	. . . . .	. . .
Columbo	10 to 60 grs.	10 to 50 grains	8 to 40 grains	7 to 35 g
Chalk, prepared	25 to 50 grs.	20 to 45 grains	16 to 40 grains	15 to 35 g
Camomile flowers	. . . . .	. . . . .	. . . . .	. . .
Castile soap	20 to 80 grs.	20 to 60 grains	20 to 50 grains	15 to 40 g
Castor oil	4 to 12 drms.	3 to 10 drms.	3 to 8 drms.	2½ to 6 d
Esp. Pepper Mint	10 to 50 drops	10 to 40 drops	8 to 30 drops	6 to 20 d
Elixir Vitrol	15 to 40 drops	12 to 35 drops	10 to 30 drops	8 to 20 d
Æther Vitriolic (*c*)	½ to 2 drms.	½ to 1½ drms.	30 dps. to 1 dm.	18 dps. to
Flaxseed	. . . . .	. . . . .	. . . . .	. . .
Ginger	5 to 25 grains	5 to 20 grains	4 to 18 grains	3 to 15 g
Gamboge	6 to 12 grains	5 to 10 grains	4 to 8 grains	3 to 6 gr
Gum Arabic	. . . . .	. . . . .	. . . . .	. . .
Hartshorn, Spirit	½ to 1½ drms.	½ to 1 drm.	20 to 50 drops	15 to 30 d
Honey	. . . . .	. . . . .	. . . . .	. . .
Ipecacuanha	15 to 30 grains	12 to 25 grains	10 to 20 grains	8 to 15 g
Jalap	15 to 40 grains	10 to 30 grains	8 to 25 grains	6 to 20 g
Lunar Caustic	⅙ to 3 grains	⅙ to 2½ grains	⅛ to 2 grains	⅒ to ½ g
Laudanum	20 to 60 drops	15 to 50 drops	12 to 40 drops	10 to 25 d
Magnesia	½ to 2 drms.	½ to 1½ drm.	20 grs. to 1 dm.	15 to 50 g
Manna	1 to 2 ounces	1 to 1½ ounce	½ to 1½ ounce	½ to 1 ou
Nitre	10 to 30 grains	10 to 25 grains	8 to 20 grains	5 to 12 g
Nitric Acid	. . . . .	. . . . .	. . . . .	. . .
Oil of Olive	. . . . .	. . . . .	. . . . .	. . .
Opium (*d*)	½ to 3 grains	½ to 2 grains	¼ to 1 grain	. . .
Oin ment Simple	. . . . .	. . . . .	. . . . .	. . .
——Saturnine	. . . . .	. . . . .	. . . . .	. . .
——Mercurial	. . . . .	. . . . .	. . . . .	. . .
——Basilicon	. . . . .	. . . . .	. . . . .	. . .
Paregoric Elixir	1 to 4 drms.	1 to 3 drms.	1 to 2 drms.	50 dps. 1½

om 6 to 4	From 4 to 2	From 2 to 1	Under one	QUALITIES.
) 5 drops	1 to 4 drops	$\frac{1}{2}$ to 3 drops	$\frac{1}{2}$ to 2 drops	Tonic
) $2\frac{1}{2}$ drms	1 to 2 drms	1 to $1\frac{1}{2}$ drm.	$\frac{1}{2}$ to 1 drm.	Emetic
) 20 drops	8 to 15 drops	6 to 10 drops	4 to 8 drops	Diaphoretic
o 5 grains	1 to 3 grains	. . . . .	. . . . .	Astringent
) 10 grains	$1\frac{1}{4}$ to 8 grains	1 to 6 grains	$\frac{1}{2}$ to 5 grains	Cathartic
. . . .	. . . . .	. . . . .	. . . . .	Nutritious food
) 20 drops	8 to 15 drops	5 to 10 drops	3 to 8 drops	Corroborant
. do.	do. do.	do. do.	do. do.	Corroborant
. . . .	. . . . .	. . . . .	. . . . .	Nutritive
. . . .	. . . . .	. . . . .	. . . . .	Stomachic
. . . .	. . . . .	. . . . .	. . . . .	Deterg. externally
) 40 grains	12 to 30 grains	10 to 25 grains	6 to 16 grains	Ton. and antiseptic
6 grains	2 to 5 grains	2 to 4 grains	1 to 3 grains	Active purgative
) 4 grains	1 to 3 grains	1 to 2 grains	$\frac{1}{2}$ to 1 grain	Stimulant
) 4 drms	1 to 3 drms	$\frac{1}{2}$ to 2 drms	$\frac{1}{2}$ to 1 drm.	Cooling aperient
) 40 drops	15 to 30 drops	10 to 20 drops	5 to 10 drops	Stimulant
. . . .	. . . . .	. . . . .	. . . . .	Anti-venereal
) 25 grains	5 to 20 grains	4 to 15 grains	2 to 10 grains	Stomachic and tonic
) 30 grains	10 to 25 grains	7 to 20 grains	5 to 12 grains	Absorbent
. . . .	. . . . .	. . . . .	. . . . .	Stomach. & antisep.
30 grains	10 to 25 grains	8 to 20 grains	5 to 10 grains	Attenuant and deter.
) 5 drms	$1\frac{1}{2}$ to 4 drms	1 to 3 drms	1 to 2 drms.	Purgative
15 drops	3 to 12 drops	2 to 10 drops	1 to 6 drops	Carminative
) 15 drops	4 to 10 drops	2 to 6 drops	1 to 4 drops	Tonic
) 50 drops	12 to 40 drops	8 to 30 drops	5 to 10 drops	Stimulant
. . . .	. . . . .	. . . . .	. . . . .	Pectoral & obtunding
) 12 grains	2 to 10 grains	2 to 8 grains	1 to 6 grains	Aromatic
. . . .	. . . . .	. . . . .	. . . . .	Purgative
. . . .	. . . . .	. . . . .	. . . . .	Obtunding
) 15 drops	5 to 10 drops	3 to 8 drops	2 to 6 drops	Stimulant
. . . .	. . . . .	. . . . .	. . . . .	Pectoral
) 12 grains	5 to 10 grains	4 to 8 grains	1 to 5 grains	Emetic
) 15 grains	4 to 12 grains	3 to 8 grains	2 to 5 grains	Purgative
1 grain	$\frac{1}{12}$ to $\frac{1}{2}$ grain	. . . . .	. . . . .	Stimulant
) 20 drops	5 to 15 drops	3 to 8 drops	2 to 6 drops	Anodyne
) 40 grains	8 to 30 grains	6 to 20 grains	4 to 10 grains	Absorbent
) 6 drms	2 to 4 drms	1 to 3 drms.	$\frac{1}{2}$ to 2 drms.	Mild aperient
) 10 grains	2 to 8 grains	1 to 6 grains	1 to 4 grains	Diuretic and febri.
. . . .	. . . . .	. . . . .	. . . . .	Tonic and antiscor.
. . . .	. . . . .	1 to 3 drms.	1 to 2 drms	Obtunding and open
. . . .	. . . . .	. . . . .	. . . . .	Anodyne & antisep.
. . . .	. . . . .	. . . . .	. . . . .	Cooling and healing
. . . .	. . . . .	. . . . .	. . . . .	ditto ditto
. . . .	. . . . .	. . . . .	. . . . .	Discutient
. . . .	. . . . .	. . . . .	. . . . .	Digestive
ps to 1 dm	20 to 50 drops	15 to 30 drops	3 to 20 drops	Anodyne & pectoral

Medicines.	Adult.	From 19 to 15	From 15 to 10	From 10
Pink Root, Carolina	. . . . .	. . . . .	. . . . .	. . .
Rhubarb Powdered	15 to 50 grains	12 to 45 grains	10 to 40 grains	8 to 30 gr
Rattle Snake Root	. . . . .	. . . . .	. . . . .	. . .
Rust of Steel	5 to 25 grains	4 to 20 grains	3 to 15 grains	2½ to 3 gr
Red Precipitate	. . . . .	. . . . .	. . . . .	. . .
Sugar of Lead	1 to 6 grains	1 to 5 grains	½ to 4 grains	½ to 3 gra
Spanish Flies	. . . . .	. . . . .	. . . . .	. . .
Salts	4 to 16 drms.	4 to 14 drms	3 to 12 drms.	2 to 8 dr
Salt of Tartar	10 to 30 grains	10 to 25 grains	8 to 20 grains	6 to 12 g
Spirits of Turp. (*e*)	. . . . .	. . . . .	. . . . .	. . .
Sal Ammo. Vola.	5 to 20 grains	5 to 15 grains	4 to 12 grains	4 to 10 g
———, crude	. . . . .	. . . . .	. . . . .	. . .
Senna	. . . . .	. . . . .	. . . . .	. . .
Spirits of Lavender	30 dps. to 2 dms.	25 dps. to 1½ dms	20 dps. to 1 dm.	15 to 50 d
Sulphur flour	2 to 8 dms.	2 to 6 drms.	1 to 4 drms.	1 to 3 dr
Tamarinds	. . . . .	. . . . .	. . . . .	. . .
Tartar emetic (*f*)	2 to 6 grains	2 to 5 grains	2 to 4 grains	1½ to 3 g
Turner's Cerate	. . . . .	. . . . .	. . . . .	. . .
Tincture of Steel	8 to 18 drops	6 to 15 drops	5 to 12 drops	4 to 10 d
——rheumatic	½ to 1 ounce	4 to 6 drms.	2 to 4 drms.	1 to 3 dr
——bark	2 to 6 drams.	2 to 5 drms.	1¼ to 4 drms.	1 to 3½ d
——rhubarb	4 dms. to 2 oz.	4 dms. to 1½ oz.	3 to 8 drms.	2 to 6 drn
——foxglove	10 to 60 drops	10 to 50 drops	8 to 40 drops	6 to 30 d
——cantharides	0 to 50 drops	10 to 45 drops	10 to 40 drops	8 to 30 d
——columbo	1 to 4 drms.	1 to 3½ drms.	1 to 3 drms.	40 dps. to 2½
——myrrh	. . . . .	. . . . .	. . . . .	. . .
Vitriol white,	20 to 60 grains	18 to 50 grains	14 to 30 grains	6 to 15 g
——as a tonic	2 to 5 grains	1½ to 4 grains	1 to 3½ grains.	½ to 2 gra
——blue	. . . . .	. . . . .	. . . . .	. . .
Vir. Snake root	10 to 20 grains	10 to 18 grains	8 to 15 grains	6 to 10 g

A TABLE OF MEDICINAL COMPOSITIONS,

Antimonial Powders	8 to 15 grains	8 to 13 grains	7 to 12 grains	6 to 8 gra
Antim. Solu. or mix.	3 to 6 drachms	3 to 5 drachms	2 to 4 drachms	1½ to 3 d
Anodyne Sudor. dps	60 to 100 drops	60 to 90 drops	50 to 80 drops	40 to 70 dr
Absorbent mixture	4 to 8 drachms	4 to 6 dms.	3 to 5 dms.	3 to 4 dm
Anti-dysenteric mix	6 to 12 dms.	6 to 10 dms.	5 to 8 dms.	4 to 6 dm
Absor. & aperi. mix.	. . . . .	. . . . .	. . . . .	. . .
Cathartic mixture	6 to 12 dms.	6 to 10 dms.	5 to 8 dms.	4 to 6 dm
Camphor. powders	10 to 15 grains	10 to 12 grains	8 to 12 grains	6 to 10 gr
Camp. julep or mix.	6 to 8 dms.	5 to 8 dms.	4 to 6 dms.	3 to 4 dm
Decoc. or infus. bark	2 to 6 ounces	2 to 5 ounces	1½ to 4 ounces	1¼ to 3½ o
Decoction of Seneka	6 to 12 dms.	6 to 10 dms.	5 to 8 dms.	4 to 6 dm

om 6 to 4	From 4 to 2	From 2 to 1	Under one.	QUALITIES.
. . . .	. . . . .	. . . . .	. . . . .	Vermifuge
ɔ 25 grains	5 to 20 grains	4 to 12 grains	2 to 10 grains	Mild cathartic
. . . .	. . . . .	. . . . .	. . . . .	Diaphoretic
o 10 grains	1 to 6 grains	¼ to 2 grains	. . . . .	Tonic
. . . .	. . . . .	. . . . .	. . . . .	Escharotic
ɔ 3 grains	⅙ to 2 grains	⅛ to 1 grain	. . . . .	Astringent and tonic
. . . .	. . . . .	. . . . .	. . . . .	Blistering
o 6 drms.	1½ to 4 drms.	1 to 3 drms.	½ to 2 drms.	Cathartic
o 8 grains	3 to 6 grains	2 to 4 grains	1 to 3 grains	Absorbent & febrif.
. . . .	. . . . .	. . . . .	. . . . .	Stimulant
ɔ 8 grains	2 to 6 grains	1½ to 4 grains	1 to 3 grains	Stimulant
. . . .	. . . . .	. . . . .	. . . . .	Discutient
. . . .	. . . . .	. . . . .	. . . . .	Purgative
o 40 drops	10 to 30 drops	6 to 20 drops	2 to 10 drops	Cordial
o 2 drms.	20 grs. to 1 dm.	10 to 40 grains	5 to 20 grains	Aperient
. . . .	. . . . .	. . . . .	. . . . .	Cooling, laxative
o 2 grains	½ to 1 grain	½ to 1 grain	¼ to 1 grain	Emetic
. . . .	. . . . .	. . . . .	. . . . .	Healing
o 8 drops	2 to 6 drops	1 to 5 drops	2 to 3 drops	Tonic
o 2 drms.	20 to 60 drops	. . . . .	. . . . .	Anti-rheumatic
o 3 drms.	¾ to 2 drms.	½ to 1½ drm.	20 to 40 drops	Tonic
o 5 drms.	1½ to 3 drms.	1 to 2 drms.	20 to 40 drops	Mild cathar. & stom.
o 20 drops	4 to 15 drops	2 to 12 drops	1 to 8 drops	Diuretic
o 20 drops	4 to 15 drops	2 to 5 drops	1 to 5 drops	Stimulant
lps. to 2 dms.	20 dps to 1½ dms	15 dps. to 1 dm.	10 to 40 drops	Tonic
. . . .	. . . . .	. . . . .	. . . . .	Detergent
o 10 grains	2 to 5 grains	1 to 3 grains	. . . . .	Emetic
o 1 grain	. . . . .	. . . . .	. . . . .	Tonic
. . . .	. . . . .	. . . . .	. . . . .	Escharotic
o 6 grains	1 to 4 grains	1 to 3 grains	. . . . .	Stimulant & stomac.

WITH THEIR DOSES AND PROPERTIES.

to 6 grains	3 to 5 grains	2 to 4 grains	1 to 3 grains	Diaphoretic
to 2 drachms	½ to 2 drachms	⅓ to 1 drm.	¼ to 1 drachm	Ditto.
to 60 drops	20 to 50 drops	10 to 30 drops	5 to 20 drops	Anodyne and sudori.
to 3 drms.	1½ to 2½ drms.	1 to 2 drms.	½ to 1 drm.	Absorbent
to 5 drms.	2½ to 4 drms.	2 to 3 drms.	1 to 2 drms.	Anti-dysenteric
to 4 drms.	2 to 4 drms.	1 to 3 drms.	½ to 2 drms.	Absorb. & aperient
to 5 drms.	2½ to 4 drms.	2 to 3 drms.	1 to 2 drms.	Cooling cathartic
to 8 grains	4 to 6 grains	3 to 5 grains	2 to 4 grains	Stimu. & diaphoretic
to 4 drms.	1 to 3 drms.	1 to 2 drms.	½ to 1 drm.	Stimulant
to 3 ounces	1 to 2 ounces	6 to 12 drms.	4 to 8 drms.	Tonic
to 5 drms.	2½ to 4½ drms.	2 to 4 drms.	1 to 3 drms.	Diaphoretic

Compositions.	Adult	From 19 to 15	From 15 to 10	From 10 t
Febrifuge powders	8 to 15 grains	8 to 13 grains	7 to 10 grains	6 to 8 grs
——— mixture	6 to 12 drms.	6 to 10 drms.	5 to 8 drms.	4 to 8 drm
Infusion of Columbo	1 to 3 ounces	1 to 3 ounces	1 to 2 ounces	1 to 2 oun s
Lime water	1 to 4 ounces	1 to 3 ounces	1 to 3 ounces	1 to 2 ounes
Saline mixture	6 to 8 drms.	5 to 8 drms.	4 to 7 drms.	4 to 6 drm
Spirit of mindererus	6 to 8 drms.	5 to 8 drms.	4 to 7 drms.	4 to 6 drm
Syrup of flaxseed	6 to 8 drms.	5 to 8 drms.	4 to 7 drms.	4 to 6 drm
Tonic powders	15 to 50 grains	12 to 40 grains	10 to 30 grains	8 to 25 gr s
Vitriolic solution	4 to 6 drms.	3 to 5 drms.	2 to 4 drms.	2 to 3 drm

om 6 to 4	From 4 to 2	From 2 to 1	Under one	Properties.
) 6 grains	3 to 5 grains	2 to 4 grains	1 to 3 grains	Febrifuge
) 6 drms.	3 to 5 drms.	2 to 4 drms.	1 to 4 drms.	Febrifuge
2 ounces	½ to 1 ounce	2 to 6 drms.	1 to 4 drms.	Tonic
) 2 ounces	½ to 1 ounce	2 to 6 drms.	1 to 2 drms.	Absorb. and Tonic
) 5 drms.	3 to 4 drms.	2 to 3 drms.	1 to 2 drms.	Diaphoretic
) 5 drms.	3 to 4 drms.	2 to 3 drms.	1 to 2 drms.	Diaphoretic
) 5 drms.	3 to 4 drms.	2 to 3 drms.	1 to 2 drms.	Pect. and Obtunding
) 20 grains	4 to 12 grains	1 to 6 grains	1 to 3 grains	Tonic
to 2 ½dms.	1 to 2 drms.	1 to 2 drms.	⅓ to 1 drm.	Astringent

NOTES ON THE PRECEDING TABLE.

(*a*) These drops should not be taken oftener than three times a day; and, like all other powerful medicines, it is proper to commence with the smaller doses, and gradually increase them.

(*b*) It is often difficult for children to swallow this medicine, and in that case, employ it externally in the following manner: Take a piece of Holland cut in the form of a waistcoat, and for the lining, get humhums of an open texture. Between these cloths, from three to six ounces of bark must be closely quilted, and then the waistcoat applied on the naked skin. Every two or three days, it will be necessary to rub the jacket between the hands. It is sometimes proper to unite snake root with the bark. (Vide ague and fever.)

(*c*) This medicine should be swallowed immediately when poured out of the vial, on account of its instantaneous evaporation.

(*d*) In cases of tetany or obstinate colic, this medicine may be given in much larger doses.

(*e*) This, with one fourth quantity of basilicon ointment, forms an excellent liniment for scalds and burns; but, when these are extensive, and require to be often dressed, the liniment should be applied by candle-light with extreme caution, as it so highly inflammable, that the smallest spark coming in contact with it, would produce an immediate combustion.

(*f*) When this medicine is employed as an emetic, it is safest to dissolve the full dose in a given quantity of warm water, and take one fourth of the mixture every ten or fifteen minutes until vomiting ensue, which should be encouraged by drinking freely of warm water, and afterwards turned downwards by taking a bowl of thin gruel made very salt.

EXPLANATION OF WEIGHTS AND MEASURES.

20 grains	make	one scruple,
3 scruples		one drachm,
8 drachms		one ounce,
16 ounces		one pint.

A tea-spoonful is equal to 60 drops or one drachm.
A table-spoonful is the measure of half an ounce.
A large wine glassful is equal to two ounces.

DISPENSATORY.

Recipe 1.

ANTIMONIAL POWDERS.

Take of
Tartar emetic, three grains
Nitre, two drachms.

Mix. And after uniting them well together in a mortar, divide into doses, according to the age of the patient. One dose to be taken every two or three hours.

In obstinate fevers the addition of ten grains of calomel to the above recipe, will render the medicine more salutary.

Recipe 2.

CAMPHORATED POWDERS.

Take of
Camphor, two scruples
Nitre powdered, two drachms.

Moisten the camphor with spirits, and after reducing it to a fine powder, add the nitre. A dose to be taken every two or three hours in syrup.

Recipe 3.

FEBRIFUGE POWDERS.

Take of
Ipecacuanha, one scruple
Nitre, two drachms.

Mix. A dose be taken every two or three hours.

Recipe 4.

TONIC POWDERS.

Take of
Columbo in powder, and
Rust of steel, each one ounce,
Unite them well together in a mortar, and then divide into doses according to the age of the patient. A dose to be taken thrice a day.

Recipe 5.

CHARCOAL POWDER.

Put lumps of charcoal a second time into the fire until they are red hot; then take them out, and as soon as they become cool, blow off the external ashes, and immediately reduce them to a fine powder, which must be kept in a corked bottle.

This powder is admirable for correcting bad breath, as well as arresting the progress of mortification.

Recipe 6.

ANTIMONIAL SOLUTION, OR MIXTURE.

Take of
Tartar emetic, three grains
Spirits of lavender, sixty drops
Sugar, two drachms
Water, half a pint.
Mix. A dose to be taken every two or three hours.

Recipe 7.

VITRIOLIC SOLUTION.

Take of
White vitriol, three drachms
Alum, two drachms

Spirits of lavender, half an ounce
Boiling, water, one pint.

Mix. A dose to be taken every morning on an empty stomach, without diluting it, and in some cases to be repeated every six hours. When evacuations are required, the quantity of alum may be diminished or even entirely omitted, and when great astringency is required, the quantity of alum is to be increased, and the vitriol to be diminished.

Recipe 8.

ABSORBENT MIXTURE.

Take of
Chalk, prepared
Gum Arabic, powdered
White sugar, each two drachms
Water, four ounces.
Mix.

Recipe 9.

ABSORBENT AND APERIENT MIXTURE,

Is made by adding one drachm of rhubarb to the above recipe.

Recipe 10.

ANTI-DYSENTERIC MIXTURE.

Take of
Lemon juice or best vinegar, two ounces
Common salt, as much as the acid will dissolve
Strong mint tea, half a pint
White sugar sufficient to sweeten it.
Mix. A dose to be taken every two or or four hours.

Recipe 11.

CATHARTIC MIXTURE.

Take of
Glauber salts, one ounce and a half
Lemon juice or sharp vinegar, one ounce
Water, half a pint
Sugar, a sufficient quantity to sweeten it.
Mix. Or,
Cream of tartar finely powdered, and
Manna, each one ounce
Water, half a pint.
Mix. A dose to be taken every hour until it operates.

Recipe 12.

CAMPHORATED MIXTURE, OR JULEP.

Take of
Camphor, one drachm,
Gum Arabic, two drachms
White sugar, half an ounce
Water, half a pint.
Moisten the camphor with spirits, and after reducing it to a powder, add the gum arabic and sugar, and then by degrees pour on the water, while triturating them together in a mortar. A dose to be taken every two or three hours.

Recipe 13.

FEBRIFUGE MIXTURE.

Take of
Nitre, two drachms
Lemon juice or vinegar, one ounce
Water, half a pint
Sugar, a sufficient quantity to sweeten it.
Mix. A dose to be taken every two hours.

Recipe 14.

SALINE MIXTURE.

Take of
Salt of tartar, two drachms
Lemon juice or vinegar, one ounce and a half
Water, half a pint.
Mix. A dose to be taken every two hours.

Recipe 15.

SPIRIT OF MINDERERUS.

Take of
Volatile sal ammoniac, two drachms
Lemon juice or vinegar, half a pint, or as much as may be sufficient to saturate the volatile alkali.
A dose to be taken every two hours.

Recipe 16.

NITRIC ACID DILUTED.

Take of
Nitric acid, one to two drachms
Water, one quart.
Mix. As this acid is not always to be got of equal strength, it would be best to make a quart of water as sour with it as can be drank, which quantity may be taken daily by an adult, in small and repeated doses, and to prevent its injuring the teeth, it should be sucked through a quill.

Recipe 17.

ANODYNE SUDORIFIC DROPS.

Take of
Laudanum, one part
Antimonial wine, two parts.
Mix.

Recipe 18.

ANODYNE SUDORIFIC DRAUGHT,

Is prepared by adding a dose of the above drops to a cup of sweetened tea.

Recipe 19.

TONIC DROPS. See *Tincture of Steel.*

A dose to be taken thrice a-day.

Recipe 20.

ANODYNE SUDORIFIC BOLUS.

Take of
Opium, one grain
Ipecacuanha, ten grains
Syrup sufficient to form a bolus.
Or, Opium and tartar emetic, each one grain
Mucilage of gum Arabic sufficient to form a pill.

Recipe 21.

STIMULANT PURGATIVE PILLS.

Take of
Calomel and gamboge, each one drachm
Soap, ten grains
Syrup sufficient to form a mass.
Beat them together, and then make twenty-four pills.
Dose for an adult, from three to six. Or,
Calomel
Aloes and
Soap, each one drachm
Syrup sufficient to form a mass.

To be divided into thirty-six pills. Dose for an adult, from four to eight. Or,

Calomel, one drachm
Jalap, two drachms
Soap, ten grains
Syrup or mucilage sufficient to form a mass.

To be divided into thirty-six pills. Dose for an adult, from six to eight.

Recipe 22.

PILLS OF SUGAR OF LEAD AND IPECACUANHA.

Take of

Sugar of lead and
Ipecacuanha, each six grains
Opium, one grain.
Syrup sufficient to form a mass.

Divide in four parts; one pill to be taken every three hours, until the hemorrhage ceases.

Recipe 23.

TONIC PILLS.

Add a sufficient quantity of syrup to the tonic powders, to form a mass, and make pills of an ordinary size. The number constituting a dose, to be taken thrice a day.

Recipe 24.

VITRIOLIC PILLS.

Add a little crumb of bread, to any given quantity of white vitriol, and syrup sufficient to form a mass; then divide the mass into as many parts as there are doses of white vitriol, according to the age of the patient. One pill to be taken thrice a day.

Recipe 25.

MERCURIAL PILLS.

Take of
Calomel, one drachm
Opium and
Tartar emetic, each ten grains
Crumb of bread a small quantity
Syrup, or mucilage of gum Arabic, sufficient to form a mass.

Divide into forty parts. One pill to be taken night and morning by an adult.

Recipe 26.

MERCURIAL SOLUTION.

Take of
Corrosive sublimate, twenty-four grains
Laudanum, half an ounce
Spirits, one pint and a half.

Mix. Dose for an adult, from three to six drachms, twice a day.

Recipe 27.

SATURATED SOLUTION OF ARSENIC.

Take of
Arsenic in powder, about one drachm
Water, half a pint.

Boil it for half an hour in a Florence flask, or in a tin sauce-pan; let it stand to subside, and when cold, filter it through paper. To two ounces of this solution, add half an ounce of spirit of lavender. A dose to be taken twice or thrice a day.

Recipe 28.

SOLUTION OF CRUDE SAL AMMONIAC.

Dissolve half an ounce of crude sal ammoniac in one pint and a half of cold water, and then add half a pint of vinegar.

Recipe 29.

ASTRINGENT WASHES.

Take of
Lime water, half a pint
Brandy, four ounces.
Mix. Or,
Lime water, half a pint
Corrosive sublimate, fifteen grains.
Mix. Or,
Lime water, half a pint
Tincture of myrrh, one ounce.
Mix. Or,
Make a solution, either of lunar caustic or blue vitriol in water, of sufficient strength to produce a little smarting. To be applied on lint to the sore.

Recipe 30.

SOLUTION OF KALI.

Dissolve from one to two drachms of salt of tartar, in half a pint of water, to be applied as the above.

Recipe 31.

LIME WATER.

Pour two gallons of water gradually, upon a pound of fresh burnt quicklime; and when the ebullition

ceases, stir them well together; then suffer the whole to stand at rest till the lime has settled; after which strain off the clear liquor, and keep it in vessels closely stopt.

Calcined oyster-shells may be used instead of quicklime.

Recipe 32.

TAR WATER.

Pour a gallon of water on two pounds of tar, and stir them strongly together with a wooden rod. When they have stood to settle two days, pour off the water for use.

Recipe 33.

CAUSTIC ALKALI, OR SOAP-LEES.

Mix two parts of quicklime, with one of pot-ashes; and suffer them to stand till the lixivium be formed, which must be carefully filtrated through paper, before it be used. If the solution does not happen readily, a small quantity of water may be added to the mixture.

Recipe 34.

ANODYNE WATER.

Take of

Rose or common water, two ounces
Laudanum, two drachms.

Mix.

Recipe 35.

SATURNINE, OR LEAD WATER.

Take of
Sugar of lead, two drachms
Water, one pint and a half.
Mix. Or,
Extract of lead, two drachms
Spirits, half an ounce
Water, one pint and a half.
Mix the extract and spirits, and then add the water.

Recipe 36.

DECOCTION OF BARK.

Take of
Bark, one ounce
Boiling water, one pint.
Simmer them together for ten minutes, and strain off the liquor.

Recipe 37.

COLD INFUSION OF BARK,

Mix one ounce and a half of bark in powder, in a quart of water; let it stand twenty-four hours, occasionally shaking the bottle, and then strain off the liquor. This preparation is superior to the decoction. A dose to be taken every hour or two.

Recipe 38.

PURGATIVE INFUSION.

Take of
Senna, two drachms
Salts and
Manna, each half an ounce
Boiling water, three gills.
A large wine-glassful of the infusion to be taken every hour by an adult, until it operates.

Recipe 39.

INFUSION OF COLUMBO.

Take of
Columbo bruised, three drachms
Boiling water, half a pint.
Mix. After steeping for one hour, pour off the infusion.

Recipe 40.

COMMON GARGLE.

Take of
Barley water, or
Flaxseed tea, half a pint
Crude sal ammoniac, one drachm.
Mix. Or,
Sage tea, half a pint
Vinegar, half an ounce
Nitre, one drachm
Honey, one ounce.
Mix.

Recipe 41.

ASTRINGENT GARGLE.

Take of
Sage tea, or
Infusion of roses, half a pint
Vinegar, and
Honey, each two ounces
Alum, half a drachm.
Mix. Or,
Infusion of oak, or
Peruvian bark, half a pint
Honey, one ounce
Alum, half a drachm.
Mix.

Recipe 42.

DETERGENT GARGLE.

Take of
Astringent gargle, half a pint
Tincture of myrrh, from half an ounce to an ounce.
Mix.

Recipe 43.

ITCH LOTION.

Take of
Corrosive sublimate, one drachm
Crude sal ammoniac, two drachms
Water, one pint and a half.
Mix.

Recipe 44.

INJECTIONS.

Take of
White vitriol and
Sugar of lead, each one scruple
Mucilage of gum Arabic, or
Common water, half a pint.

Mix, and after standing ten or fifteen minutes, strain off the clear liquor. An ordinary syringe full, to be thrown up the urethra six or eight times a day, after making water. Or,

Recipe 45.

Dissolve thirty grains of white vitriol, in half a pint of mucilage of gum Arabic or water. To be used as the above. Or,

Recipe 46.

Dissolve one grain and a half of corrosive sublimate mercury in half a pint of water. To be used as the above.

These injections may be made weaker and stronger, according to circumstances.

Recipe 47.

EMOLLIENT GLYSTER.

Take of
Flaxseed tea and
Milk, each six ounces.
Mix. Or,

Recipe 48.

Warm water, half a pint
Molasses, four ounces, or,
Sweet oil and
Brown sugar, each two ounces.

Mix. If one drachm of laudanum be added to either of the above formulæ, it forms the anodyne glyster.

Recipe 49.

STIMULATING GLYSTER.

Take of
Common salt and
Brown sugar, each one ounce
Olive, or
Castor oil, two ounces
Water, half a pint.

Mix.

Recipe 50.

ANTIMONIAL WINE.

Take of
Glass of antimony powdered, two ounces
Madeira wine, two pints.

Digest for twelve days, now and then shaking the bottle, and then strain through paper.

Recipe 51.

LAUDANUM, OR THEBAIC TINCTURE.

Take of
Purified opium, two ounces
Brandy, two pints.

Digest for eight or ten days, frequently shaking the bottle, then strain off the tincture.

Recipe 52.

TINCTURE OF RHUBARB.

Take of
Rhubarb, three ounces
Lesser cardamom seeds, or
Ginger, bruised, half an ounce
Brandy, or
Rum, two pints.
Digest for eight or ten days, and then strain.

Recipe 53.

TINCTURE OF BARK.

Take of
Peruvian bark, powdered, two ounces
Orange peel, and
Virginia snake root, each half an ounce
Brandy, or
Rum, two pints.
Digest for eight or ten days, and strain.

Recipe 54.

TINCTURE OF COLUMBO.

Take of
Columbo root, bruised, three ounces
Brandy, two pints.
Digest for several days, and strain.

Recipe 55.

TINCTURE OF FOXGLOVE.

Take of
Dried leaves of foxglove, one ounce
Brandy, half a pint.
Digest for a week, and strain through paper.

Recipe 56.

TINCTURE OF CANTHARIDES.

Take of
Cantharides bruised, two drachms
Brandy, one pint.
Digest for seven or eight days, and then strain.

Recipe 57.

TINCTURE OF MYRRH.

Take of
Myrrh in powder, one ounce and a half
Spirits, one pint.
Digest for seven days, and strain.

Recipe 58.

PAREGORIC ELIXIR, OR CAMPHORATED TINCTURE OF OPIUM.

Take of
Purified opium
Flowers of benzoin
Camphor, and
Essential oil of aniseed, each two drachms
Brandy, two pints.
Digest for eight or ten days, frequently shaking the bottle, and then strain the elixir.

Recipe 59.

TURLINGTON'S BALSAM, OR COMPOUND TINCTURE OF BENZOIN.

Take of
Benzoin, three ounces
Balsam of Tolu, one ounce
Aloes, half an ounce
Brandy, two pints.
Digest for seven days, and strain.

Recipe 60.

RHEUMATIC TINCTURE.

Take of
Gum guaiac
Vitriolated tartar in powder, each three ounces
Spirits, two pints.
Digest for eight or ten days, and strain. A dose to be taken twice or thrice a day.

Recipe 61.

BITTERS.

Take of
Gentian root, two ounces
Orange peel, and
White canella, each ounce
Brandy, two pints.
Digest for several days, and then strain.

Recipe 62.

CAMPHORATED SPIRITS, OR TINCTURE OF CAMPHOR.

Take of
Camphor, two ounces
Brandy, one pint.
Mix them together, that the camphor may be dissolved.

Recipe 63.

OPODELDOC, OR SOAP LINIMENT.

Take of
Castile soap powdered, three ounces
Camphor, one ounce
Brandy, one pint.
Digest the soap in the spirit by the fire until it is dissolved, and then add the camphor.

Recipe 64.

VOLATILE LINIMENT, OR AMMONIATED OIL.

Take of
Olive Oil, two ounces
Hartshorn, one ounce.
Mix.

Recipe 65.

CAMPHORATED OIL.

Take of
Camphor, half an ounce
Olive oil, two ounces.
Moisten the camphor with a little spirit, and then rub it in a mortar with the oil, until dissolved.

Recipe 66.

HÆMORRHOIDAL OINTMENT.

Take of
Galls levigated, two parts
Hogs lard, eight parts.
Mix.

Recipe 67.

SIMPLE OINTMENT.

Take of
Olive oil, five parts
White wax, two parts.
Mix them together by a slow fire, and stir until it is cold.

Recipe 68.

SATURNINE OINTMENT.

Take of
Sugar of lead, two drachms
White wax, two ounces
Olive oil, half a pint.
Rub the sugar of lead previously powdered, with some part of the olive oil; then add it to the wax melted with the remaining oil, and stir the mixture until it be cold.

Recipe 69.

MERCURIAL OINTMENT.

Take of
Quick-silver, and
Hogs lard, each one pound

Tallow, one ounce
Spirits of turpentine, half an ounce.

First triturate the quick-silver with the tallow and spirits of turpentine, until the globules entirely disappear; then add the lard and form it into an ointment.

Recipe 70.

BASILICON OINTMENT.

Take of
Rosin,
Bees-wax, each one pound
Hogs lard, one pound and a half.

Melt them together by a slow fire, and strain the mixture while hot.

Recipe 71.

TURNER'S CERATE.

Take of
Calamine prepared
Yellow wax, each half a pound
Hogs lard, one pound.

Melt the wax with the lard, and as soon as the mixture, exposed to the air, begins to thicken, mix with it the calamine, and stir the cerate until it be cold.

Recipe 72.

BLISTERING PLASTER.

Take of
Wax
Rosin
Tallow, and
Cantharides, each equal parts.

Having melted the three first ingredients together, sprinkle and mix in the flies powdered, a little before they become firm.

When the blistering plaster is not at hand, its place may be supplied by sprinkling the flies over any ointment or paste, spread thin on leather or cloth.

Recipe 73.

SINAPISMS.

Take of

Good mustard, and
Flour, or crumbs of bread, each equal parts
Sharp vinegar, sufficient to form a poultice.

It may be rendered more stimulating if necessary, by the addition of a little garlic or horse-radish.

APPENDIX.

BILIOUS FEVER.

(REFERRED TO IN PAGE 290.)

IT was this disease commissioned by Heaven to terminate the earthly existence of that amiable young foreigner, Dr. MONTEATH, of the British army.

But how can I think of him or his early fate without thinking at the same time of the 24th of August, that dark and dismal day! the darkest and most dismal of all in the American calendar, which threw such a gloom over the rising glories of my country!

But a short time before that awful tragedy, I was congratulating myself, so little do we know what is before us, as being happily situated in a city founded by the great Washington himself, and called after his name: a city where liberal nature had done so much, and where art and population alone were requisite to erect an emporium that should vie with the noblest cities of the ancient world, and through time immemorial display the grandeur of its high original. But a few days, I say, before this, I was indulging a train of thoughts so pleasing to the patriotic bosom, when I heard that the British squadron in the Chesapeake bay, having received a reinforcement, had landed a small army at Benedict, on the river Patuxent. Many of my neighbours appeared to be much alarmed that the enemy should be so near. But, for myself, I can truly say, that my bosom was never more entirely a stranger to *panic*, than at that season; for I was firmly persuaded that the enemy could have no other object in view, than the destruction of our flotilla, which unfortunately had been chased some weeks before up the Patuxent. I could not for a moment suppose it possible, that he would

have had the temerity to approach this place, particularly after giving so long notice of the arrival of the van of admiral Cochrane's fleet, which was about the middle of July. And it was very natural for them to expect our government would adopt the necessary precaution of having a force competent at least to prevent the destruction of our city.

What! to make an attack on Washington, the metropolis of the United States, and in the interior too! fifty miles from their shipping, with woods and forests enough between to give our marksmen an opportunity to cut off ten times their number! Under these circumstances will they ever dream of attacking Washington? No, never. With far better chance they attacked Fort Stevenson, and also Sackett's Harbour, and Fort Erie; but the gallant Croghan, Brown, Backus, Scott, Gaines, Ripley, Towson, &c. soon gave them cause to repent of their temerity. And will they now dare invade the city of Washington, with such an immense population between, and such large cities to aid, and the President, Mr. Munroe, Gen. Armstrong, Capt. Jones, and Gen. Winder to protect? Such was my reasoning, and a very fair way of reasoning too, I thought. And I was encouraged in this belief, by learning that the President and his cabinet were in high spirits, and that Gen. Winder, with only a small detachment of his army, under the command of the gallant Major Peter, of Georgetown, had held the enemy in check for a day or two.

But, behold! on the evening of the 23d, Gen. Winder retreated precipitately to Washington. However, I was not still without some consolation; for, on the same evening, Col. Minor, with his regiment from Virginia, arrived in the city a little after sun-set. Immediately on his arrival, he requested me to present him to the President, which I did, as I also did my worthy school-mate, Dr. Peake, surgeon of the regiment.

We had not long been seated before the President observed that Col. Minor ought to have reported himself to the Secretary of war; consequently we hastened to the lodgings of Gen. Armstrong. After Col. Minor had

held a short interview with the secretary, he returned with me to my house. On the way, instead of animating my hopes, he became as it where Job's comforter, observing, such was the astonishing indifference manifested on this occasion, that he felt no hesitation to declare it as his opinion, that the city would be sacrificed. Instead of being immediately supplied with arms and ammunition, he was, it seems, instructed to make his men put in order the few guns which they had brought with them, and in the morning to report himself to Col. Carberry, who would furnish additional arms! Early next morning Col. Minor made application for the arms; but was informed Col. Carberry had gone out to his country seat the evening before! After several hours spent in most painful waiting for his return, Col. Minor was authorised by Gen. Winder to get the arms by any means. About this time Col. Carberry rode up. But, behold! another cause of delay was presented. The arms were dealt out at last, but without flints! and instead of throwing them out by handfuls, they were actually counted out, *one by one*, as carefully as if they had been so many guineas. And it is a fact, that after counting out a considerable number, the man employed in this economizing business, fearing he had miscounted, insisted upon counting them over again!

Thus was our republic, at this awful crisis, deprived of the services of Col. Minor and his regiment. For, in consequence of the above shameful delay, they were not able to join the army before the retreat.

Receiving good information that the enemy was in rapid march for Bladensburg, Gen. Winder, then lying near the Eastern branch bridge, moved on to meet him there, where Gen. Stansbury, with his brigade from Baltimore, was stationed.

The reader will observe that Bladensburg is a small village, about five miles from the capital, on the Anecostic or Eastern branch, where it is narrowed to a creek, which is passed on a bridge, and is every where above fordable. The village lies on the east side of this creek. On the west is a fine rising ground, with fences and bushes favourable to an invaded force of good

marksmen, besides a small breast-work which was hastily cast up. This spot Generals Winder and Stansbury fixed on to receive the enemy, who, about twelve o'clock, came in full view on the hills of Bladensburg, and very soon afterwards the battle commenced.

The enemy finding, on getting near the bridge, he should have to pass a defile between the creek and marsh in front of our battery, instantly displayed a heavy column to the right, and passed the ford higher up the creek. This judicious movement, by depriving our men of the promised advantages of their battery, as also presenting an appearance of an attempt to surround them, excited both alarm and despondence. The British having but one or two six-pounders, and knowing that the whole success of the expedition depended on carrying every thing with a *coup de main*, pushed on with a rapidity and firmness which raw troops were not to have been expected to resist, and consequently a general rout of the militia ensued.

That the enemy would have met with a very different reception, had our troops been in a tolerable state of preparation, is evident from the following fact. The gallant Barney, Martin, and their brave comrades of the flotilla, and Miller, Sevier, and Grayson of the marine corps, were on the field of battle, but caught nothing of the epidemic fright. On the contrary, eager to stop the progress of the enemy, they came up in a trot, opening at the same time a destructive fire, which made hideous lanes through the British columns. But these columns were familiar with the ravages of death, and fighting under the eye of Ross, and headed by Thornton, Wood and Brown, fearlessly filling up the chasms of fate, pushed forward with undaunted courage. But it was not for a few hundred troops to repel the enemy; and at length, overpowered by such vast superiority of numbers, their ammunition wagons retreating, and themselves nearly surrounded, they were constrained to retire, leaving their commanding officers, the gallant Barney and Miller, dangerously wounded on the field.

I shall not attempt to described my feelings during

this awful conflict between the enemy and my countrymen. From the frequent advices brought that morning of the approach of the enemy, as also from the general movement of our troops to meet him at Bladensburg, the inhabitants of Washington had been some time in a state of extreme anxiety, expecting every moment the report of the guns that should announce the commencement of the battle.

Between twelve and one, while with my trembling family in the third story of my house, we beheld the rockets ascending, and soon heard the roar of the cannon. When the firing had ceased, my feelings were left in fearful fluctuation;—now fondly hoping that my countrymen had prevailed—then awfully fearing that all was lost. This anguish of suspense was, however, but momentary. I soon discovered the dust beginning to rise above the forests in thick clouds, on whose dark tops growing larger and larger every minute, and rapidly advancing, I read the dismal fate that awaited us. Presently I beheld the unfortunate secretary of war and SUITE, in full flight, followed by crowds of gentlemen on horseback, some of whom loudly bawled out as they came on, "*fly, fly; the ruffians are at hand!* If you cannot get away yourselves, for God's sake send off your *wives* and *daughters*, for the ruffians are at hand!"

When I surveyed the extended lines of our infantry and cavalry enveloped in clouds of dust as if universal nature was in tumultuous motion, all heightened by the fearful apprehension, that the horrid scenes exhibited by the enemy in Hampton and Havre de Grace were about to be acted in Washington, I felt myself palsied with horror. And as if the measure of my distress was not yet full, my wife standing by my side with looks wild with terror, as though she beheld the enemy in sight, cried out, "*Oh, what shall we do? what shall we do? yonder they are coming!*" and fell into convulsions; my two daughters shrieking by her side. The reader, especially if he be an affectionate husband, may form some idea of my affliction. I shall not attempt to describe it.

Supposing now that the tragedy of destruction was

about to commence, and finding it impossible to obtain even a cart to remove my family to the country, I took my wife and two daughters, a little before sun-set, and leaving my house and property in the hands of servants, went to the house of a sick lady. Although Mrs. Orr, the lady whom I allude to, did not live more than a hundred yards from my house, I considered it a place of greater safety, as her extreme ill state of health would doubtless have protected her, *even* had the enemy been as was represented, "*ruffians.*" Moreover, I was induced to go to the house of Mrs. Orr in consequence of her earnest entreaties, as her husband was from home, and some of her servants had run off with the frightened multitude, leaving her in a situation truly distressing.

About twilight the enemy made his appearance in the city, which was announced by the firing of muskets from the house of Mr. Sewall, followed by several vollies from the British. The fire of our men from Mr. Sewall's house killed two British soldiers, wounded several, and killed the horse of major-general Ross. The consequence was, this house was immediately set on fire, and much valuable furniture consumed with it. And I was informed by some of the British officers, that it was a most fortunate thing that major-general Ross was not killed, for in that event, it would have been impossible to have restrained the soldiery, who idolized him, from commiting the most horrid outrages both on our city and its inhabitants.

It was not many minutes after the exhibition of this scene, before we were presented with the spectacle so much dreaded—a full view of the advance of the British army in the capitol square! About this time, the navy-yard was committed to flames by commodore Tingey, in pursuance of orders from Secretary Jones; and very soon afterwards, the British set fire to the capitol, the president's house, and the war office. The treasury office shared a similar fate the next morning. The conflagration of these noble and splendid buildings spread a glare over the night that was truly awful. But the conflagration of our large new frigate, nearly ready to

launch, and the new sloop of war, *equipped!* with all the adjacent magazines filled with naval stores, exhibited an appearance still incomparably more terrific.

In common with other men, I have drunk of the bitter cup of affliction; but it was reserved for that doleful night to teach me that private misfortune weighs but as the dust in the balance against the far heavier load of public calamity. To behold so great a calamity as this—the capital of our country seized upon by a *small army*, and all its grand public buildings and ships wrapped in flames, what wonder that it should have filled all hearts with consternation, and even frightened some into convulsions.

Had such a number of troops as military men might have deemed sufficient, been timely provided for the defence of the metropolis; and had those troops, in all points well prepared, gone forth and met the enemy in a gallant conflict—the feelings of the nation, even under discomfiture, would not have been so grievously wounded, "for the victory is of God." But so shamefully was the public interest and honour sported with on this occasion, that nothing but the overthrow of the enemy at Niagara, Chippewa, Erie, Sandusky, and Orleans, together with the brilliant achievements of our infant navy, could ever again elevate the countenance of an American citizen, or enable him to support the spirit and dignity of a man. For when the British, four thousand strong, made their appearance on the hills of Bladensburg, dressed in their crimson uniforms, and began to press on to the charge, our militia men, about six thousand, generally gave way. And without wonder, for nothing had been done to prepare them for such a conflict.

Raw troops, suddenly brought together, and taken, as it were, by surprise, were, as is very natural, seized with consternation. Some of the officers bewildered, seemed at a loss who should command—the men whom to obey—some were destitute of arms—others of ammunition—and many, by long marching and countermarching, without rest or refreshment, were so broken down that they were not able to sustain such a shock.

But while I lament the causes which led to the discomfiture of the militia in general, I feel it my duty to recognize those smaller, and therefore still more glorious exceptions, the district militia, or at least those who were on the field of battle. So far from their running or retreating in disorder, they generally exhibited every mark of heroism, particularly the volunteer companies, who did not withdraw until ordered the second time to retreat.

I have thought it a duty I owe my countrymen, thus to dwell on this disastrous affair, as furnishing an instructive lesson, at any rate, to all future *secretaries of war*. I must confess, however, that I find much comfort in the belief, that no disaster of this sort is to be apprehended, while the office continues to be filled by the honouable William H. Crawford, whose talents and virtues are so highly and deservedly appreciated.

How an undisciplined militia, under such distressing circumstances as above related, will behave on any *future occasion*, may be awfully inferred from their behaviour on the past. Soon as the enemy began to throw his rockets, many of the *raw militia* men, at sight of these strange *shooting stars*, as they were ascending, roared out, "*See! see! there they go! there they go!*" But when the rockets were seen descending in a direction towards themselves, they loudly bawled out again, "*No! here they come! here they come!*" and dropping their guns, fled like frightened sheep in every direction, except, indeed, towards the enemy.

A gentleman, a short distance beyond Bladensburg, hearing the report of the cannon, immediately rode towards the field of battle; but before he had gone far, he met several companies of the militia in full flight. "What," says he, "soldiers, you are not running?" "Oh, no!" exclaimed some of them, "we have done our duty—our ammunition is spent. We gave it to them; boys, didn't we?" "Yes," returned his comrades, "we peppered the rascals—we strewed the d—d red coats—and if the others will only do *their* duty, not

one of them will ever get back to their vessels." The gentleman suspecting their poltroonism, and obtaining by stratagem a peep into their cartridge boxes, found they were full, except the single cartridge with which their guns were loaded!

Another anecdote, and I have done. A militia officer making his retreat, attempted by way of a short cut to cross a deep oozy marsh, which presently stopped both himself and his horse. In endeavouring to extricate himself, he received a small scratch, which made him bawl out, "*I am wounded! I am mortally wounded!*" Some of the soldiers, supposing from his cries that the British were close at their heels, only ran the faster; however, a few, wiping their eyes, and not beholding the dazzling red coats, went to his relief. On examining the back part of his thigh, where he said he had received his *mortal wound*, they found it to be nothing more than a prick of his own spur!

With such disorderly, panic-struck creatures, who but must commend Gen. Winder for ordering a retreat, not indeed to save these *fugitives*, for they took care to save themselves, but to save the flower of our gallant yeomanry, who were eager for a conflict, wherein, at such odds against them, they must certainly have perished—for it was but too plain that our sacred capitol was doomed to fall.

Never shall I forget my tortured feelings, when beheld that noble edifice wrapped in flames, which, bursting through the windows, and mounting far above its summits, with a noise like thunder, filled all the saddened night, with a dismal gloom.

To heighten our alarms and those of Mrs. Orr, we were suddenly startled by a most tremedous rapping at the door. Soon as the door was opened, five or six British soldiers presented themselves, asking very politely for something to eat. Instantly a cold ham, with loaf bread and butter, and wine, were set before them, which they partook of, conducting themselves with the utmost good behaviour.

Presently I beheld a light in every room in my house,

which, with the reflection from the capitol then in flames, led me to fear it was on fire. Not having removed any part of my property, and anxious to save at least my medical library, I communicated my fears to the soldiers who were at supper, and solicited their aid. The serjeant observed he could not think it possible my house was on fire; but at any rate, if I thought so, he and his men were ready to go with me, and give all the aid in their power. In a few minutes, however, I found out my mistake, by the sudden extinction of the lights, and also by the arrival of my servant, who informed me that my house had been plundered by the British soldiers. While I was standing at the door, the Rev. Mr. M'Cormick came up, and told me if I would accompany him, he would introduce me to major general Ross and admiral Cockburn, with whom he had been conversing, and found them to be "*perfect gentlemen.*" Hoping from this circumstance to derive security to my house and what property remained, I readily accompanied him and was introduced, as he thought, to general Ross; but it was unwittingly to the admiral, who rectified the mistake of the reverend gentleman, by saying in his quick and piercing tone, "*my name is Cockburn, sir.*" I told him I had understood that private property was to be held sacred, and that I had placed implicit confidence in the report. He answered that "it would be so deemed." I replied, that "some of my furniture, apparel and plate, had been plundered."

"With whom did you confide your property, sir?"

I answered, "With my servants."

"Well, sir, let me tell you it was very ill confidence to repose your property in the care of servants."

In the mean time, general Ross came up, to whom I was also introduced. He had just come in time to infer from what admiral Cockburn had said, that my house had been robbed. In a tone that will for ever endear him to me as a "*perfect gentleman*" indeed, he observed he was *very sorry* to hear that my house had been disturbed, and begged that I would tell him which it was,

and he would order a sentinel to guard it. We were then standing before my door, the south end of Carroll's row, facing the capitol.

"This is my house, sir," said I.

With an amiable embarrassment he replied, "Why, sir, this is the house we had pitched on for our head-quarters."

I told him, "I was glad of it, and regretted that he had not taken it earlier, as my property would then have been protected."

He observed, "he could never think of trespassing on the repose of a private family, and would order his baggage out of my house immediately."

I earnestly begged he would still consider it as his head-quarters.

"Well, sir," said he, "since you are so good as to insist on my staying at your house, I consent; but I will endeavour to give you as little trouble as possible. Any apartment under your roof will suffice me."

I asked him to accompany me and I would show him a room. He assented, and I conducted him to my own bed-chamber, which was the best furnished in my house, with an uncommonly large mattress on the bed. He refused for some time to accept of it, and insisted I should go and bring Mrs. Ewell home; observing, that I might depend on it my family should be just as safe as they were the evening before when the American army was here; for, continued he, "*I am myself a married man—have several sweet children—and venerate the sanctities of the conjugal and domestic relations.*"

I feel no fear of offending my virtuous countrymen, by exhibiting even in an enemy such strokes of refinement and generosity as these. Thank God, such achievments are too congenial with their own spirit and manners, not to be read with pleasure.

The commander in chief of a victorious army, carrying himself with such consummate modesty and politeness to those whom the fortune of war had placed in his power is a spectacle to honourable to human nature, and too conductive to the general good, to give offence.

In all wars, there are *brutes* on both sides, whose savage examples would turn men into *demons*, and war into a horrid struggle for mutual slaughter and extermination. All are concerned to oppose examples so detestable. Then let all unfurl the counter-examples of those heroic spiriss, who mourn over the calamities which they are obliged to inflict, and treat the vanquished as *brothers*. The lovely sight will attract the eyes of all, and while they admire they may imitate.—With this fond hope, I shall go on occasionally to entertain my readers with such anecdotes of the British officers, as may contribute, now that the war is at an end, to rekindle the pleasant flame of former friendship and lead to the performance of those fraternal acts which will gratify the common parent of us all.

Having thus made a virtue of necessity, and from true policy as well as politeness, left my house and furniture in possession of the British general and admiral, I went down to my family at Mrs. Orr's.

The next morning, about the hour of breakfast, I returned, and as I approached my house, I saw the soldier who was holding the horse of general Ross, suddenly fall down in a fit. I hastened to the poor fellow, and opened a vein, which gave him immediate relief. While I was attending to him, a British serjeant came up at the head of a file of soldiers, one of whom desired me, rather roughly, to give him some water. Without suspecting offence, I called to my servant, and ordered him to bring out a pitcher of water.

What meaning the Englishman could have attached to the word *pitcher*, I know not; but kindling into a violent passion, he exclaimed, "You d—d rebel, do you think I am a beast to drink out of a pitcher?" At this moment general Ross, who had overheard the insolent language of his soldier, stepped up. The man, greatly abashed, instantly turned his face, and seemed as if he would have shrunk among his comrades; but the general, with every mark of displeasure in his countenance, jerking him by the collar, exclaimed, "*Villian, is this the way you speak to a gentleman!*—and in the

moment, too, that he is doing a kindness to a sick fellow soldier of your own? Serjeant, what sort of a man is this?"

The serjeant, with considerable trepidation, replied, "*Why, sir, he is a pretty good sort of a man,* I believe, sir!"

"A pretty good sort of a man, sir!" replied the general, "*a pretty good sort of a man!* to speak to a gentleman in this style? Very well, sir, this conduct shall not pass unnoticed."

He then turned to me, and after thanking me for my "*goodness,*" as he called it, to his fainting soldier, observed, that in all armies there were some scoundrels to be found, and that he was sorry to say there were too many of that description in his army.

Sometime after this, Mrs. Ewell and my daughters came to Mrs. M'Cardell's, next door to my house. As soon as captain Palmer, who had been in her company at Mrs. Orr's, saw her coming, he moved on with general Ross to meet her, and very politely introduced her to him. The general shook her hand with every mark of undissembled friendship; expressed his deep regret to learn that she had been so seriously frightened; and lamented sincerely the necessity that had given cause to these tragedies—namely, the burning of the British capital in Canada. Had the capital of Canada been burnt with the approbation of our government, there might have been some apology for the shameful destruction of our noble buildings; but I am happy in the belief, that though this was the impression of general Ross, it was not an act of the government.

Mrs. Ewell, sensible of such unexpected attentions, made every acknowledgment that her confusion would permit, and endeavoured to relax her melancholy into a smile; but it was evidently an act of constraint. Grief was too deeply seated, to be thus easily banished from her cheeks, which still wore the marks of tears and of fright; and which evidently excited the tenderest sympathies of general Ross, as well as of the other officers. Mrs. Ewell was but a short time at Mrs.

M'Cardell's, before admiral Cockburn paid his respects to her, and in his apparently rough way, asked, "Pray, madam, what could have alarmed you so? Did you take us for savages?" Her confusion preventing her from making a reply, he added, "Ay, madam, I can easily account for your terror. I see, from the files in your house, that you are fond of reading those papers which delight to make devils of us." It is but justice to admiral Cockburn to declare, that he frequently came to Mrs. M'Cardell's, making inquiries about the state of Mrs. Ewell's spirits, and endeavouring to console her.

On my observing to general Ross, that it was a great pity the elegant library had been burnt with the capitol, he replied with much concern, "I lament most sincerely I was not apprized of the circumstance, for had I known it in time, the books would most certainly have been saved."

"Neither do I suppose, general," said I, "you would have burnt the president's house, had Mrs. Madison remained at home?"

"No, sir," replied he, "I make war neither against Letters nor Ladies; and I have heard so much in praise of Mrs. Madison, that I would rather protect, than burn a house which sheltered such an excellent lady."

The saying, that "*brave men are always generous*," was signally illustrated in the pleasure that general Ross manifested in praising commodore Barney for his behaviour in the battle at Bladensburg. "A brave officer, sir," said he. "He had only a handful of men with him, and yet he gave us a very severe shock. *I am sorry he was wounded; however, I immediately gave him a parole, and I hope he will do well.* Had half your army," continued he, "been composed of such men as the commodore commanded, with the advantage you had in choosing your position, we should never have got to your city."

What evidenced more the magnanimity of this officer, he never uttered an expression in my presence against the president or any of the officers of govern-

ment; but often expressed the deepest regret that war had taken place between two nations so nearly allied both in consanguinity and interest. I can moreover truly say, I never saw the sunbeam of one cheerful smile on general Ross all the time that he was in Washington. His countenance seemed constantly shrouded in the close shades of a thoughtful mind.

The favourable opinion which the reader has formed of general Ross, will not be lessened by the following facts. The morning after the conflagration, a silly man from Ohio, mounted on an elegant horse, came to the British camp. What was his object is to this day a secret. But at any rate, to guard against the worst, the British officers took him up, and would no doubt have been glad to have gotten his horse. For my own part, I was of opinion at first that he was a traitor, and therefore took particular notice of him. Presently an affair happened which served to persuade me that my opinion had been erroneous. Considering it doubtful whether the officers would let him go, he came to the desperate resolution to mount his horse and make his escape, placing his safety on the speed of the animal. He had scarcely started before major Hamilton, an aid of general Ross, with two or three serjeants, mounted their best horses, and went in full pursuit. The *hue and cry* after him spread like lightning, and few races ever attracted more spectators, or made more noise in so short a time. They had not, however, run more than a mile towards the eastern branch, before the horse of the Ohio man fell, and by some means or other broke the legs of the rider.

The regret which general Ross expressed at the fate of the poor man, indicated a most feeling heart; and he assured me that it was not his intention to have detained the man or his horse longer than the evening. He then ordered the animal to be put into *my stable*, with a request that I would *have him restored to the owner*.

The British soldier who was ordered to take the horse to my stable, muttered exceedingly that so elegant

a horse should be given up, and as soon as the general had set out with the army the same fellow came back with a *lie* in his mouth, saying, he was ordered by the general to take the horse away. I was at a loss how to act; however, not finding myself out of danger, I delivered him up. But, behold! the next morning Daniel Carrol, Esq. of Dudington, rode to my house, and congratulated me that my *horse was safe.* I told him yes, through the goodness of the commanding officer, my horse was given up to me immediately on making application, and that he then was in my stable.

"Why," said he with some surprise, "I was instructed by Mr. Sewall to inform you, than general Ross had left your horse in the care of captain Gantt."

This amiable officer, it seems, seeing the horse next morning in camp, and knowing the history of him, could not rest until he had placed him in the hands of captain Gantt, on the road, with a request that he would deliver him to me, for that I knew how he was to be disposed of.

All generous Americans, will doubtless pronounce major-general Ross a magnanimious enemy. Surely the instances already cited, prove his claim to that high character; and surely HE dererves it, who, when told that our barracks, which according to the usages of war he had condemned, could not be burnt without injuring *private property*, immediately countermanded his own order, and thus saved to us that noble range of buildings.

As nothing is more pleasing than to meet with instances of generosity in an enemy, I cannot forbear recording some traits of the magnanimous sort in the character of admiral Cockburn. At this I know some of my readers will startle. "What! magnanimous traits in admiral Cockburn! Impossible! To such I beg leave only to say, I am about to state facts, which came under my own notice, and as they are honourable to that *human nature* of which we all partake, I trust they will afford pleasure to every *reader* who has a soul to enjoy a virtuous action, though in an enemy.

The terror struck into the good people of our city, by the capture and conflagration as aforesaid, rolled on in such conglomerating floods to Alexandria, that by the time it reached that place, it had acquired a swell of mountainous horrors, that appear to have entirely prostrated the spirits of the Alexandrians. Men, women and children in that defenceless place saw nothing, in their frightened fancies, but the sudden and total destruction of their rising city, by the British army then at Washington, and the British squadron, under captain Gordon, coming up the river.

In this alarming situation, they very wisely determined to throw themselves on the generosity of the enemy, and supplicate security for their town, on the humble conditions of *capitulation*. As men in time of their troubles seem naturally to look for a blessing through the ministration of the godly, the Alexandrians selected four of their citizens distinguished for *piety* and *morals*, as Drs. Muir and Dick, and Messrs. Jonathan Swift and Wm. Swann. They arrived during the dreadful *tornado* which we experienced on that memorable day; and as I happened to be sitting in my dining-room with admiral Cockburn, when these delegates presented themselves, I had a fair opportunity to hear every word that passed on this occasion. Soon as they communicated to the admiral the object of their mission, he replied, with the brevity that characterized him, "*Gentlemen, I have nothing to say, until you first tell me whether captain Gordon is in sight of Alexandria or not.*"

The reply was, that captain Gordon was not in sight of Alexandria.

"*Well then, gentlemen,*" continued he, "*I am ready to negotiate with you. And now, all I have to say is, that we want provisions, and must have them. But let me tell you, that for every article we take, you shall be allowed a fair price.*"

Upon this they very soon retired.

Scarcely had those gentlemen left admiral Cockburn, before one of his officers entered the room, and told

him, that the bank could not be burnt without injuring private property. "Well then," said he, sternly, "pull it down."

Though I felt somewhat of awe in the presence of this son of Neptune, yet I could not here refrain from interposing for the safety of the bank.

"Admiral Cockburn," said I, "you do not wish to injure private property." "No," said he, "I do not. But this is *public* property."

"No, sir," I continued, "the United States have no bank here now—this is altogether private property."

"Are you certain of that," said he. "Yes, sir," I replied, "I pledge my honour, it is private property." "Well then," said he, to the officer, "let it alone."

There was another case in which I had the satisfaction to save the property of a valuable citizen. As I was standing on the pavement near my door, which as I said, the general and admiral had used as head-quarters, a British officer observed, in my presence, "*Well, we shall be done with burning* when the rope-walks are burnt and that handsome building yonder," pointing at the house of my pious and worthy neighbour, Elias B. Caldwell, Esq.

"Why certainly you are not going to burn that house, captain," said I. "Yes, sir," replied he, "we shall." "It is not public property," I said. "No matter for that, there is public property at the house," alluding to some cartridges and cartridge-boxes, which had been left there; "and, besides," continued he, "it belongs to a man who has been very active against us."

"It is true," replied I, "Mr. Caldwell is captain of a volunteer company, and a brave man. But brave men do not bear malice against each other for doing their duty; on the contrary, respect them the more for it, as general Ross, yesterday, did commodore Barney. And therefore, I hope, that as this house is private property, it will not be destroyed." He paused for a moment—then went to general Ross, who, I suppose, put a stop to it, for the house was not burnt.

I did also what I could to save the rope-walks of the

Rev. Mr. Chalmers, Mr. Ringgold, and Mr. Heath, but it was in vain; for they observed that they were determined to *spare nothing that made in favour of our navy.*

I will relate another anecdote of the admiral, and let the reader judge for himself.

On the 25th, in the afternoon, just as the general and admiral who were standing on the pavement at my door, were notified by their servant that dinner was ready, a dirty looking woman, stained with blood, came running up, and screaming out as she came, "*O, I am killed, I am killed;* a British sailor has killed me."

Instantly admiral Cockburn, with every mark of indignation in his countenance, gave orders for the sailors to be mustered on parade, and that the man whom she designated as the perpetrator of the act, should be shot at the Capitol without one moment's delay.

The general and admiral, with their suites, then went up to dinner, leaving Dr. Doddy and myself to examine the wounds of the woman, whom we had conveyed to the hospital. On finding this poor wretch, in her drunken delirium, sometimes cursing a British sailor, and sometimes an American soldier, as her *murderer*, and was in no condition to designate who had inflicted the wounds, which, after all the noise, were quite fleshy and slight, I requested Dr. Doddy to communicate her situation to the admiral, to prevent an innocent person from suffering death on her account. Presently the doctor returned with the compliments of general Ross and admiral Cockburn, who wished to see me.

I went up and found they had dined, but the table covered with wine. General Ross politely bowing and waving his hand to a chair that stood by him, invited me to sit down and take a glass of wine with them. Admiral Cockburn, then addressing me, said, "we were determined, sir, to have the British sailor shot, who stabbed that poor woman; but it gives us pleasure to learn, that it is your opinion her wounds are not mortal. As she has however been wounded, and more than probable by one of our men, we think it but just

she should be cured at our expense. That part of the business we shall be obliged to confide to you, and for your trouble we beg you to accept of this trifle." Then he reached out to me a parcel of gold, six doubloons.

After thanking him for such generosity, I told him he must excuse me from taking so large a fee; "the wounds," said I, "admiral Cockburn, are altogether *flesh wounds*, of which she will soon recover; and my attentions to her, even though I was influenced solely by pecuniary considerations, cannot deserve so large a *reward.*"

At that word, his face reddened, and he exclaimed, "large, my good sir, we are only mortified to think it is so *small;* but it is, I assure you, all the specie we have with us. If you will accept a bill on our government, we will make it better worth your services."

I told him I could not accept a bill, for that the fee he now tendered was much too ample. He however pressed it on me with an earnestness which I could no longer resist.

Nothing to be sure was ever more providential, than the receipt of this money. I do not mean for the wounded woman, for she, a common strumpet, being slightly hurt, soon got well without much aid of the admiral's doubloons; but I allude to worthier subjects. I allude to the sick and wounded of the American and British soldiers, who, but for this supply, must some of them at least have inevitably perished. For, to be candid, all my funds were exhausted previous to the conflagration, in affording refreshments to my friends and wearied countrymen, who needed such hospitalities, and who had nobly volunteered their services in defence of the metropolis.

There was for example, John Stockton, of the rifle corps from Baltimore, commanded by the gallant major Pinkney, who lay very desperately wounded two days on the field of battle. By mere accident hearing of his situation, I pressed a cider cart from the country, and had him brought in—extracted the ball—dressed his wounds, which were assuming a gangrenous state, and

plentifully supplied him for several weeks with the best nourishment from my table. Thus was this worthy soldier snatched from the yawning grave.

There were also forty-seven of the British soldiers who were most miserably mangled by the terrible explosion at Greenleaf's Point, the greater part of whom would certainly have perished, as the government made no provision for them until after the third day, had it not been for the admiral's gold, which by immediate transmutation into sugar, coffee, tea, milk, rice, arrow-root, bread, meats, vegetables, and fruits, were early applied to sustain their exhausted frames.

It may gratify the generous reader, on more accounts than one, to hear the tragical history of that affair. About two o'clock, on the 25th, a British captain with a company of soldiers, marching down on Greenleaf's Point, to destroy the powder magazine. On reaching the spot, they found the magazine empty, the powder the day before having been taken out and thrown into a dry well. The British being strangers to this fact, threw a lighted match into the well. A most tremendous explosion ensued, whereby the officers and about thirty of the men were killed, and the rest most shockingly mangled. Some of these unfortunate victims of gunpowder were seen flying in the air to great distances, and others were totally *buried alive* under tons of earth thrown upon them. The survivors were carefully brought up on the capitol hill, and in the most distressed situation were lodged in Carroll's buildings adjoining my house.

I never saw more endearing marks of sympathy than were here exhibited on the countenance of general Ross. He observed, looking at me with an eye of searching anxiety, "I am much distressed at leaving these poor fellows behind me. I do not know who is to mitigate their sufferings."

I understood his meaning, and instantly assured him that he need not make himself uneasy on account of his wounded soldiers. "The Americans, general Ross," said I, "are of the same origin with yourself. We have, I trust, given you many splendid instances of our hu-

manity in the course of this unfortunate war. And you may rely on it, sir, no attentions in my power shall be withheld from them." He gave me a look of gratitude, which I shall never forget, and then turning towards his men where they lay, burnt, bruised and mangled, on the floor, he silently gazed at their deplorable state, with that Godlike sensibility, near melting into tears, which strongly brought to my recollection these beautiful lines of Darwin:

No radiant pearl, which crested fortune wears,
No gem, that twinkling hangs from beauties ears,
Not the bright stars, which night's blue arch adorn,
Nor rising sun, that gilds the vernal morn,
Shine with such lustre as the tear that breaks
For other's woe, down virtue's manly cheeks.

After a few moments spent in silent sympathy, he observed, I presume mattresses and suitable refreshments can be obtained for them in Georgetown. From this, I was induced to believe, he intended to march in that direction for the purpose of destroying Mr. Foxall's foundery. But in this I was agreeably mistaken. For as soon as night approached, and large fires were kindled along their lines, the enemy decamped, and returned to their shipping by the same route in which they came.

As general Ross was about to mount his horse, he took leave of me in a respectful manner; repeated his regret for the robbery committed on my property by his men, and assured me, that for those injuries, as also for the services I had promised his sick and wounded men he left behind him, I should be rewarded.

Very early the next morning, I set myself to the performance of what I owed to the sick. All the refreshments that the utmost cleanliness of both bed and board could yield; all the vigour and spirits that nourishing diet could impart, and all the relief that suitable medicines could afford, were plentifully supplied to those unfortunate sufferers. And with the assistance of Dr. Wm. Baker, of Georgetown, who generously volun-

teered his services, the fractured limbs and wounds were set and dressed to their exceeding comfort by the evening.

After a few days, Dr. Baker and myself were notified by Dr. Worthington, that he was appointed by the government to take charge of the British prisoners. I expressed much surprise that an arrangement of this sort had been made with so little regard to my feelings, since I had been all along attending those unfortunate sufferers, and had, through a kind Providence, rendered them those services, without which, it is well known, that many of them must inevitably have perished. I also observed, that after my solemn promise made to general Ross, I should never forgive myself if *I abandoned his men.*

Dr. Worthington replied, that the affair might be easily accommodated, for as he was appointed to superintend the hospital at Bladensburg, as well as this in Washington, making together a sum of duties more than he could discharge, he would be glad of my assistance.

In this way, the British *sick* still continued the objects of my medical attention. And I am most happy to add, so signal were the smiles of Providence, on my exertions in their behalf, that, although the bilious fever and dysentery raged in the hospital and encampments, with a violence that swept off numbers of my own countrymen, yet not one of the British sunk under their affliction, except Dr. Monteith.

This extraordinary success is to be ascribed, I shall ever think, as much to *moral* as to medical cause. Cleanliness, fresh air, and pleasant restorative diet, contributed much, no doubt, to that desirable event; but not more, I firmly believe, than did the continued efforts that were made to keep up the spirits of my patients, and to render their minds habitually cheerful. Apprehensive that the recollection of being our prisoners, might give that morbid irritability to their minds, which by destroying the spirits, would retard the cure, I studiously avoided every thing of that malignant tendency, and as diligently redoubled my efforts to *gratify*, as

far as I was able, their wishes, and to anticipate their wants.

Had general Ross but lived, I am confident I should have been liberally renumerated for the articles which were taken from my house, as well as for my medical attentions to his men, and for the supplies over and above the allowance made by my own government. But should I never receive a cent from the British government, I am not left without reward. The recollection of having done unto these afflicted foreigners, as I would they had done unto me, is a source of the liveliest satisfaction to me as a man; besides what I enjoy as an *American*, on comparing my conduct with that of captain Shortland of Dartmoor prison, general Proctor of the army in Upper Canada, as also colonel Elliot, who, after having pledged himself to protect his wounded prisoner, captain Hart, an old and intimate acquaintance of his, and brother-in-law of those distinguished characters, the honourable H. Clay, and James Brown, suffered him to be inhumanly butchered by the Indian tomahawk.

But sorry am I to add, that for my kindness to the British prisoners, I got no thanks from some of my neighbours. On the contrary, a few of them at least, were so enraged against me, that they branded me as a TRAITOR and a FRIEND TO THE BRITISH! And indeed, I have no doubt, had these unthinking people but possessed a power equal to their passions, they would have acted in this fair city of Washington, the same horrid tragedies as did the blind mob in Paris, under Robespierre and Marat, and have made me the *bloody victim of their diabolical rage and fury*. But I am truly happy to state, that these men were not Americans. No, they were emigrants; and which is astonishing, they were the very countrymen of those wounded prisoners, to whom I afforded that aid which man ever owes to the unfortunate.

The truth is, these men finding, on their return from flight before the British army, their houses had been plundered of a *few articles*, fell into such a rage, that

they were instantly for blowing up the British prisoners, and hanging me for having treated them with the tenderness which their condition as sick and wounded prisoners required.

Thank God, these inconsiderate men were among a people who would give them no countenance in such diabolical acts. They were surrounded by charitable Americans, who, with the most tenacious regard to their own rights, cherished an equal regard to the rights of others, and therefore hold in proper detestation, those *infernal mobs* that would swallow up the rights of all, and convert society into the greatest of curses.

I have much pleasure, in contemplating the contrast exhibited in the spirit and conduct of that estimable and faithful disciple of Christ, the Reverend Mr. Brackenridge, who, although a great sufferer by the British in Washington, was among the first to afford comforts and consolations to the wounded and otherwise afflicted prisoners! He prayed among enemies!

Yes, I rejoice to state, that my virtuous countrymen were not implicated with those unthinking men; so far from menacing me for an act of mercy, which man eternally owes to man, they most heartily applauded me for it. And if I could possibly require any greater pleasure than that which I feel, when I think of what I did for those poor sick strangers, I should find it in the commendations bestowed on me, not only by my worthy countrymen who are denominated *federalists;* but also by the republicans, and those especially, whose esteem I most highly prized, as Charles Carroll, Esq. of Bellevue, John Graham, Esq. general Van Ness, colonel Brent, Dr. Thornton, the Rev. Mr. Chalmers, Mr. M'Kenny, the honourable G. W. Campbell, Gaillard, Cheves, Lowndes, Troup, Cuthbert, Eppes, Jackson, Gholson, Hawes, Condict, M'Kim, Ringgold, Desha, Chappell, &c. &c.

When these worthy patriots understood that I had visited those afflicted captives, and rendered them aid before the hand of government had been extended to

their relief, they expressed their high approbation of my conduct, and several of them came to my house and thanked me for an act so honourable to the character of the American people, and above all so pleasing to God, and therefore so sure to draw after it his blessing. And I am happy to add, that his blessing in one goodly shape at least, was soon visited upon us for this kindness to the British prisoners, and through the medium of their gratitude.

Finding that instead of having been treated as they expected, with great harshness for burning our capitol, they had been treated with the utmost tenderness and hospitality, they were struck with admiration of our goodness to them. Not only their language but their looks afforded us daily the most pleasing assurances of their gratitude. And as soon as their health would allow, they appeared as if never so happy as when they were *doing* something to requite us as far as they were able.

To their great credit I can say, with truth, that in some laudable degree this amiable spirit appeared to belong to most of them. But in some it was more especially and gloriously predominant. There for example were sergeant Hutchinson of the royal sappers and miners, and Alexander Gunn of the Scotch fusiliers. Those two young men, though low in rank, should stand for ever high on the list of that virtuous fame which belongs to sensible and grateful dispositions. They acted as though they could never give proof enough of their love for the Americans. And it is a sacred truth, that when the American soldiers shrunk, as was sometimes the case, from their sick and dying comrades, through fear of the infection, these *English soldiers volunteered their services!*—sat up with the sick—washed the bodies of the dead—and performed all the last sad offices of humanity, with as much tenderness as though the deceased had been their own relations and friends. And it is but justice to these Englishmen to declare, that to their favourable reports of our kindness to them on this occasion, were to be ascribed many noble instances of

British politeness to our worthy citizens who fell into their hands.

That very amiable gentlemen and distinguished physician, Dr. Beans, of Marlborough, was made prisoner by the British as they were retreating to their vessels. The benevolent F. Key, Esq. of Georgetown, learning this, immediately obtained letters from sergeant Hutchinson and others of the prisoners, and went with a flag on board the British squadron for his release. Soon as general Ross had perused the letter of sergeant Hutchinson, detailing the generous treatment which he and his comrades had received, he issued orders for the immediate liberation of Dr. Beans, although it had been previously determined that he should be sent to Bermuda. Thus by common acts of Christian charity to these poor captives, a most valuable life was saved to his family and country.

Who does not in this behold another additional proof that the maddest policy on earth is *revenge*, and that the wisest philosophy under HEAVEN, is that which teaches us "to love our enemies, and do good for evil." And besides its exceeding pleasure and advantage, where is the charm, out of HEAVEN, that so fascinates all hearts as that of God-like generosity to an enemy that is in our power? Take the following which was communicated to me by commodore Barney himself.

As this gallant officer lay on the battle-ground badly wounded and helpless, and his men by his own order all retreated from him, he beckoned to an English soldier to come to his assistance. The soldier instantly stepped up and rendered the required service with as amiable an alacrity as to his own general. "You are a noble fellow," said the commodore, "and I am sorry I have not a purse for you. But here's my gold watch; you are welcome to it."

"No, sir," replied the Englishman, "*I can assist* a brave man without being paid for it."

As I have some how or other got into a string of anecdotes about the British exploits in Washington, I

beg leave to mention one or two more. As admiral Cockburn was looking at his men while they were throwing into the streets the types of the National Intelligencer, an American gentleman observed to him, "if general Washington had been alive, you would not have gotten into this city so easily." "No, sir," replied the admiral, "if general Washington had been president, we should never have thought of coming here."

When this was told me, I added, "No, sir, nor if *even* the chairman of the military commitee had been *secretary of war*, would they have dared it." The chairman I allude to, was the patriotic G. M. Troup, of Georgia, who was always for carrying on the war with the greatest energy, and who would, at least, have had a sufficient force, with an experienced commander, to defend the metropolis of the United States against an invading army of four thousand men!

As I have mentioned the name of Troup, I cannot forbear relating the following anecdote of this virtuous patriot. Besides the honour it does him, it is calculated to exalt the charm of that stern Spartan virtue, which alone can give immortality to our republic.

The colonel's younger brother, Dr. James Troup, studied physic with me in Savannah: and while his uncommon talents excited my admiration, his gentle and affectionate spirit conciliated my esteem in the highest degree. At my request, the honourable Paul Hamilton, formerly secretary of the navy, appointed him hospital surgeon for the state of Georgia during the war.

Col. Troup, on learning from me that I had obtained this commission for his brother, replied with a look of strong disapprobation, "No, doctor, it will not do; I thank you for your good wishes to my brother; but, sir, he must not except the commission you have been so good as to procure for him. I know," continued he, "it is an appointment both of honour and profit,

but still I can never consent to his taking it. It may be be thought that I procured it for him. And I cannot bear the idea of using any influence that I may ever gain under government to raise *my relations* into office."

After this long, though I hope not uninteresting digression, we will return to the bilious fever.

I have stated that Dr. Monteith was the only victim of this disease among the British prisoners in the hospital here. Would to God there had perished but one in the American hospitals and encampments.

But, alas! my heart bleeds when I think how many thousands perished during this war. I do not mean the common hireling soldiery, who, destitute of all virtuous habits, are perhaps the fit victims of war. No; but I speak of the thousands of our virtuous yeomanry, who, diseased or wounded in their country's service, have been cruelly sacrificed at the shrine of *public neglect.*

Think now of the following, which is but a common case. A regiment of brave patriots, notwithstanding the tears of wives, mothers and sisters, set out full of spirits, and eager to meet the enemy of their country.

Many of them who had never, perhaps, walked ten miles in a day, are hurried on by an *imprudent* officer twenty or thirty miles, possibly, on the *first day*, with a heavy musket and knapsack on their shoulders! In the evening borne down with unusual fatigue, and their linen stiff with acrid perspiration, they halt for the night. Both in mind and body they require something to exhilarate and to strengthen. But, behold! in lieu of those refreshments which they had been accustomed to at home, only a little raw meat is afforded for their bill of fare, and the cold earth, frequently without a tent, for their bed. What wonder that one fourth or fifth of this regiment should the very next morning be laid up! merely for lack of those provisions which certainly it was the duty of some officer or other under the government to have supplied.

I have it from a gentleman who was on the spot, that of a fine regiment of Virginia volunteers encamping pre-

cisely under these circumstances, near Snowden's iron works, upwards of two hundred were the next day on the sick list, several of whom died.

And there, for another example, were the five thousand, who, according to the proverb of "locking the stable door after the steed is stolen," were rapidly marched to Washington—after the city was taken—after the capitol, the president's house, war and treasury offices were all burnt—after the navy yard and frigates were all demolished—and after the bridges were all blown up—I say, of those five thousand men, what awful numbers perished miserably, merely for lack of proper nourishment, medical attentions, and suitable accommodations.

True it is, by order of the then acting secretary of war a hospital was established here for the accommodation of the sick militia. But let not the reader lie under a mistake about this hospital. The word hospital signifies not only a receptacle for the sick, but a place for every thing clean and sweet, and every thing nourishing and healing, with skilful physicians and attentive nurses. But, alas! this hospital had no such meaning—the truth of which many members of congress and citizens can attest.

The hospital was contiguous to the apartments occupied by the British sick whom I attended, and being frequently entreated by my countrymen who were not under my care to prescribe for them, I had a fair opportunity to witness their wretched situation. And I will declare before my God, I have seen twenty or thirty sick militia-men brought in of a day to this hospital, where, instead of the pleasant and cordial refreshments which their languid situation required, their rations of *raw* beef were thrown on a table, there lying for hours together for the poor sick soldiers to divide and dress for themselves as they could! And what was still more deplorable in this militia-murdering hospital, a young man of eighteen years of age, who had been studying medicine only a few months, and hardly knew how to put up the simplest prescription, much less to prescribe in

the absence of the surgeon, was appointed surgeon's mate!

With such mismanagement, what wonder that so many of our valuable citizens sunk under their complaints? And where is the wonder that they should have exclaimed, with tears in their eyes—"Had we but died in the field of battle, fighting for liberty and our country, we should have gloried in such a death; but to be brought here to die like sheep, it is insupportable!"

GLOSSARY,

OR

EXPLANATION OF TECHNICAL TERMS.

A

Abdomen, the belly.
Abortion, miscarriage.
Abscess, a tumor containing matter.
Absorbents, medicines to correct acidity, and absorb or dry up superfluous moisture.
Abstemious, low living.
Accelerate, to quicken.
Acescent, having a tendency to acidity.
Acidulated, impregnated with acids.
Acme, full height.
Acrid, sharp and corrosive.
Acute, this term is applied to a disease which is violent, and tends to a speedy termination.
Adult, of full age, beyond puberty.
Affinity, likeness, resemblance.
Affusion, pouring one thing on another.
After-birth, or *placenta cake*, is the substance by which the child is connected with the mother in the womb.
After-pains, see grinding pains.
Ague-cake, enlargement of the spleen.
Alcohol, rectified spirits of wine.
Aliment, nourishment.
Alimentary canal, or *tube*, the stomach and intestines.
Alkali, any substance which, mingled with acid, produces fermentation.
Alternate, branches or leaves, or flowers, springing out regularly one above another.
Alternate, changed by turns.
Analogous, one like another.
Annual, living only one year.
Anodyne, composing medicines, and such as mitigate pains.
Antidote, a medicine to destroy poisons.
Antifogmatics, drams.
Antipathy, an aversion to particular things.
Antiphlogistic, counteracting inflammation.
Antiscorbutic, good against the scurvy.
Antiseptics, medicines to correct putridity or rottenness.
Antispasmodic, whatever tends to prevent or remove spasm.
Antispasmodics, medicines for curing spasms, as laudanum and æther.
Anus, the fundament.
Aperient, opening.
Aphthous, resembling the thrush.
Areola, the circle which surrounds the nipple on the breast.
Aromatic, spicy, pungent.
Artery, a conic canal, conveying the blood from the heart to all parts of the body.
Astringents, medicines to correct looseness and debility.

Atmosphere, surrounding air.
Attenuants, medicines for reducing the body.

B

Biennial, continuing alive two years.
Bile, or *gall*, a fluid secreted by the liver into the gall-bladder, and thence discharged into the intestines, for the purpose of promoting digestion.
Bougie, a taper body, introduced into a passage or sinus, to keep it open, or to enlarge it.
Bolus, a form of medicine in a mass, larger than pills.
Bulbous, root as garlic and onion; it is either
Solid as in the tulip and turnip,
Scaly as in the lily,
Coated as in the onion.

C

Calculous, stony or gravelly.
Callous, hard or firm.
Cantharides, the Spanish flies, used in blisters.
Capillary, fine, hair-like.
Capsule, a dry hollow vessel containing the seed or fruit.
Carious, rotten, applied principally to the bones and teeth.
Carminatives, medicines for dispelling wind.
Cataplasm, a poultice or soft plaster.
Catarrh, a discharge from the head or throat.
Cathartic, a purge.
Catheter, a pipe to draw off urine.
Catkin, a composition of flowers and chuff on a long, slender, thread-shaped receptacle; the figure of the whole resembling a cat's tail.
Caustics, burning applications.
Cautery, the act of burning with a hot iron or caustic.
Cutaneous, of or belonging to the skin.
Characteristic, a mark, sign, token.
Charcoal, a coal made by burning wood under turf.
Chronic, lingering disease, in opposition to acute.
Chyle, a milky fluid, separated from the aliment in the intestines, mixing with, and forming the blood.
Circulation, the motion of the blood, which is propelled by the heart through the arteries, and returned by the veins.
Clammy sweats, cold, glutinous.
Cleansings, see *lochial discharge*.
Coagulum, a curd.
Comatose, inclined to sleep.
Compress, several folds of linen rags, a bandage.
Concave, hollowed out like a bowl, as the petals of the cherry or the hawthorn; and the broad-leaved plantain.
Cone, or strobile, a species of seed-vessel formed by a catkin with hardened scales; containing a seed within the base of each scale; as in the pine or fir.
Confluent, running together.
Constipation, obstruction, costiveness.
Contagion, infectious matter.
Contusion, a bruise.
Convalescence, recovery from sickness.
Convex, opposed to concave: rising like the surface of a globe.
Convulsions, violent motions, fits.
Corolla, blossoms, petals, or flower-leaves, is that beautiful part of a flower which first

draws the attention as the flower itself.

Corroborants, tonics or strengthening medicines.

Corrosive, substances that consume or eat away.

Cortex, bark or covering.

Cosmetic, beautifying.

Crisis, a certain period in a disease at which there happens a decisive alteration, either for the better or worse.

Critical, decisive or important.

Crudity, rawness, indigestion.

D

Debility, weakness.

Decoction, a preparation by boiling.

Decumbent, lying down or declining.

Deglutition, the act of swallowing.

Deleterious, poisonous, deadly.

Delirium, light-headedness.

Demoniacal, baneful, hurtful.

Demulcent, softening, sheathing.

Dentition, teething.

Detergent, cleansing.

Diaphoretic, promoting perspiration.

Diarrhœa, a looseness.

Diathesis, disposition or habit of body.

Dietetic, relating to diet, or regimen.

Diluents, substances to dilute or make thin.

Discutient, a medicine that has the power to repel.

Dislocation, a joint put out of place.

Disposition, tendency.

Diuretic, whatever promotes the secretion of urine.

Drastics, active or strong purges.

Dyspeptic, belonging to bad digestion.

E

Eccymosis, a tumour, the effect of blood-letting.

Efflorescence, eruption, or the redness round it.

Effluvia, exhalation.

Egg-shaped, signifies a shape resembling the solid substance of an egg; or in respect to leaves it implies only the form of an egg, divided longwise.

Emaciation, wasting of flesh.

Empiric, a quack.

Enamel, the outside covering of the teeth.

Endemic, a disease peculiar to a certain district.

Enervate, to weaken.

Epidemic, contagious.

Equilibrium, equal weight.

Eructation, a belch.

Eruption, breaking out in pustules.

Exacerbation, the increase of any disease.

Excoriation, the loss of skin.

Excretion, discharge of animal fluids, or matter.

Exhibit, to administer.

Expectoration, a discharge from the breast.

Extremities, arms and legs.

F

Fæces, excrements.

Farinaceous, meally.

Febrifuge, removing fever.

Febrile, feverish.

Fetid, of an offensive smell.

Fibrous, composed of small threads or fibres.

First passages, stomach and bowels.

Flatulent, producing wind.

Flooding, an overflow of the menses.

Fœtus, the child in the womb.

Fomentation, partial bathing, by the application of flannels dipped in liquids.
Fracture, a broken bone.
Friction, the act of rubbing.
Fungus, proud flesh.
Fumigation, a vapour raised by burning.

G

Gangrene, a feeble circulation, followed by mortification.
Gargle, a wash for the mouth and throat.
Germen, or seed-bud, the lower part of a pistil, is destined to contain the embryo seed.
Genus, the second subdivision of plants; it comprehends an assemblange of species under the same class and order.
Gland, a secretary organ.
Glutinous, gluey, sticky.
Grinding, or *after-pains*, pains that occur after labour.
Grog-blossoms, pimples on the face produced by drinking.

H

Heart-shaped, a term used to express the form of a petal or leaf, which resembles a heart divided lengthwise.
Hectic-fever, a slow consuming fever generally attending the absorption of purulent, or other acrid matter into the blood.
Hæmorrhage, a discharge of blood.
Hæmorrhoidal, relating to the piles.
Hepatic, relating to the liver.
Hypochondriacal, melancholy, very dejected, low in spirits.

I

Ichor, a thin watery humour.
Imbecility, debility, weakness.
Immersion, plunging under water.
Imposthume, a collection of purulent matter.
Inanition, emptiness.
Incarnating, healing.
Incrassate, to thicken.
Indented, the edges of an indented leaf are hollowed, or deeply scoiloped, the lobes standing asunder, as if part of the leaf had been cut out. The leaf of the oak or the turnip are familiar examples.
Indigenous, native to a country.
Indigestible, difficult of digestion.
Induration, hardening.
Indisposition, a disorder of health.
Inebriety, drunkenness.
Infection, contagion.
Inflammation, an increased action in the part.
Inflated, distended, as if inflated like a blown up bladder.
Infusion, steeping any thing in liquor without boiling, as tea is made.
Inhale, to draw in by breath.
Inspissate, to thicken.
Intestinal, belonging to the intestines or guts.
Intestines, the internal parts of the body.
Irrespirable, unfit to be breathed.
Irritability. a disposition to contract from a stimulus.
Juleps, mixtures of simple and compound mixtures.

L

Lacteals, vessels conveying chyle.
Languor, want of strength or spirits.
Lateral, growing from the sides of the stems or stalks.
Laxatives, relieving costiveness.

Levigated, reduced to a fine powder.
Ligature, a bandage, any thing tied round another.
Ligneous, woody.
Liniment, a composition of the consistence of oil.
Lobed, divided, or lip-shaped.
Lotion, a wash.
Lochial discharge, or *cleansings*, a discharge from the womb.

M

Magnum dei donum, the great gift of God.
Mastication, act of chewing.
Maturity, of full years.
Meconium, the infant's first or black stools.
Membrane, a web of fibres, interwoven for covering certain parts.
Menses, *Menstruation*, } the monthly courses.
Mephitic, suffocating, noxious.
Meum et tuum, mine and thine.
Miasmata, *Miasma*, } morbid exhalations, or vapours.
Miliary eruption, an eruption of pustules resembling the seeds of millet.
Morbid, diseased, corrupt.
Morbific, causing disease.
Mucilage, a glutinous, slimy substance.
Mucus, resembling the matter discharged from the nose, lungs, &c.

N

Narcotics, medicines producing torpor and sleep.
Nausea, an inclination to vomit.
Nervous, irritable.
Nostrum, a patent, or other medicine, the composition of which is kept secret by the proprietor.

O

Oblong, considerably longer than broad, and narrowed though rounded at the ends; as the leaves of the daisy.
Obtund, to blunt.
Œdematous, swelled, as in a dropsical state of skin.
Opiates, medicines which promote sleep, as opium.
Ophthalmia, a disease of the eyes.
Ovate, or *oval*, egg-shaped.

P

Pancreas, the sweet bread.
Paralytic, relating to palsy.
Paroxysm, a periodical fit or attack.
Pectoral, medicines adapted to cure diseases of the breast.
Pedicle, a short foot-stalk, or partial fruit stalk, being that part of a compound or branched fruit stalk, which is the immediate support of a single flower, or floret.
Pelvis, the bones at the lower part of the trunk of the body.
Perennial, continuing for several years; at least more than two, and regerminating several years successively.
Pestilential, infectious.
Petals, the leaves which constitute the blossoms or flowers are so called to distinguish them from the other leaves of the plant.
Phlegmatic, relaxed and abounding with phlegm.
Phlogistic, inflammatory.
Phthisical, consumptive.
Pilch, napkin, clout.

Placenta-cake, see *after-birth*.
Plethoric, of a full habit.
Plenitude, fulness of blood.
Precarious, doubtful, uncertain.
Predisposition, susceptibility of disease.
Premature, too hasty, too early.
Preternatural, unusual, not natural.
Primary, original.
Prolapsus, the falling down or out.
Proximate cause, the immediate cause of disease.
Ptyalism, a copious flow of spittle.
Puerperal, of, or belonging to child-bed.
Pulmonary, belonging to the lungs.
Purulent, matter of good quality.
Pus, matter.
Pustule, a purple or small swelling.
Putrescence, rottenness.

Q

Quartan, returning every fourth day.
Quickening, the motion of the child felt by the mother in the womb.

R

Rectum, the straight gut, in which the fæces are contained.
Red gum, an eruption so called.
Refrigeration, a chill, coldness.
Regimen, regulation of food, air, exercise, &c.
Remote cause, the inducing cause of disease.
Repletion, the act of filling the body with food.
Resolution, a termination without suppuration.
Resolvents, dissolving medicines
Respiration, the act of breathing.
Resuscitation, reviving, bringing to life.
Retention, the retaining some natural discharge.
Rheumy, an acrid discharge.

S

Saline, consisting of salt.
Saliva, spittle.
Sanative, healing.
Sanguiferous, carrying blood.
Saponaceous, soapy.
Saturnine Lotion, lead water.
Scorbutic, of, or belonging to scurvy.
Scrofulous, of, or belonging to the king's-evil.
Secondary, not primary; a secondary fever is that which occurs after a crisis.
Secretion, the separation of fluids from the body.
Secundines, the placenta, and membranes.
Sedatives, composing medicines.
Segments, the small part of a leaf cup or petal, included between the incision.
Semen, the seed.
Serous, thin, watery.
Serrated, notched like a saw.
Sinapism, a poultice made of flour, mustard and vinegar.
Slough, the parts that separate from a sore.
Solitary, only one in a place; as but one flower on a fruit stalk; or only one fruit stalk, proceeding from the same part of a plant.
Soluble, loose, laxative.
Spasm, cramp, convulsion.
Specific, an infallible remedy.
Spear-shaped, applied to a leaf, signifies that it is shaped like a spear or lance.
Spherical, globular.
Spike, a head or ear, as in rye, barley, wheat, &c.

Spine, the back bone.
Stamina, the constitution or habit of body.
Stimulants, irritative medicines.
Stomachics, medicines for the stomach.
Strangury, a difficulty of making water.
Striated, channelled, furrowed.
Stupor, a suspension of sensibility.
Styptic, a medicine stopping the discharge of blood.
Sudorifics, medicines to promote sweating.
Suppository, a candle, or any other substance or composition, introduced into the rectum to procure stool.
Swooning, fainting.
Symptomatic, a disease not primary, but arising from another in contradiction to idiopathic.
Syncope, a fainting or swooning.

T

Technical, belonging to arts.
Temperament, a peculiar habit of body.
Temperature, state of the air.
Tertian, returning every third day.
Tetany, the lock jaw.
Tonic, bracing, strengthening.
Topical, local, confined to the diseased part.
Tumour, a swelling.
Turgescence, an over fulness.
Type, a mark.
Typhus, a genus of fever comprehending those called nervous, yellow and putrid.

U

Ulcer, a sore, generally ill-conditioned.
Umbel, a composition of flowers, in which a number of slender fruit stalks proceed from the same centre, and rise nearly to the same height, so as to form a regular surface at the top. Hemlock, carrot, and low parsnip are examples.—These are said to be umbelliferous plants.
Umbilical cord, the navel string.
Urethra, the canal which conveys the urine.
Uterine, belonging to the womb.
Uterus, the womb.
Uvula, the palate.

V

Vaccine, vaccinous, belonging to or matter of the cow-pox.
Vagina, the passage to the womb.
Valetudinarian, a weak, sickly person.
Variolus, small-pox matter.
Vascular, belonging to the vessels.
Vehicle, a liquor to take medicines in.
Venous, belonging to the veins.
Ventilation, a free admission or motion of air.
Venomous, *Virulent*, } poisonous.
Vermifuge, worm-dispelling medicines.
Vertigo, giddiness.
Vesicating, blistering.
Villous, shaggy, rough, hairy.
Virus, poisonous matter.
Viscera, the entrails.
Viscid, glutinous, tenacious.
Vital, the seat of life.

W

Whites, the discharge from the womb.
Whorls, this term is applied either to branches, leaves, or flowers, when they grow all round their respective stems, resembling in some measure the spokes round the nave of a wheel.

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